

Pearson BTEC Level 3 Nationals Extended Certificate

Sport

Unit 2: Fitness Training and Programming for Health, Sport and Well-being

Part A

June 2017

Paper Reference

31525H

You do not need any other materials.

Instructions

- Your Unit 2 assessment task contains two parts.
- **Part A** will contain a case study based on an individual who requires guidance on training, lifestyle, and nutrition, on which secondary research will be conducted.
- **Part A** will be released one week before your supervised assessment session (**Part B**).
- **Part A** is specific to each series and this material must only be issued to learners who have been entered to undertake the task in the relevant series.
- We suggest that you spend no more than four hours independently conducting your research and making notes over the course of one week.
- You can take a maximum of four A4 sides of your research notes into the supervised assessment session (**Part B**).
- In **Part B**, you will be issued with supplementary stimulus information building on the case study information in **Part A**.
- In **Part B**, you will have 2.5 hours under supervised conditions specified by Pearson to respond to the task.
- Do **not** return research notes or **Part A** to Pearson.
- **Part B** should be kept securely until the start of the 2.5 hour supervised assessment period.

Turn over ►

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Instructions to Teachers/Tutors

This paper must be read in conjunction with the unit information in the specification and the BTEC Nationals Information for Conducting External Assessments (ICEA) document. See the Pearson website for details.

Part A should be issued to learners one week prior to undertaking **Part B** of the assessment.

Learners will be expected to conduct research over a maximum of four hours. Up to four sides of A4 notes can be taken into the supervised assessment (**Part B**).

Teachers/tutors cannot give any support to learners during the production of the notes and the work must be completed independently by the learner.

Part B is taken under supervision in a single session of 2.5 hours on the timetabled date. Centres may schedule a supervised rest break during the session.

Centres may choose **ONE** 2.5 hour slot on either of the two dates specified by Pearson. Centres must not schedule multiple sessions as this will be considered malpractice.

Guidance for Learners

Read **Part A** information carefully as this contains the information you will need to prepare for **Part B**.

You will need to carry out your own research over one week.

You will then be given **Part B** to complete under supervised conditions.

You must work independently and should not share your work with other learners.

Your teacher/tutor cannot give you feedback during the completion of **Part A** and **Part B**.

Part A Instructions

You are required to prepare notes in response to the information provided in the case study in **Part A** Set Task Information.

The notes can be hand written or typed and they must contain bullets and not extended answers. Other content is not permitted.

Part A

Case study

Helen is a 48-year-old female. She works as a receptionist, spending eight hours a day sitting behind a desk. She drives two miles to work every day and does not do any exercise.

Helen notices that her health is starting to deteriorate. She often feels tired and regularly suffers from chest pains. She has decided to see her general practitioner who does a health assessment on her. Helen's blood pressure, resting heart rate, Body Mass Index (BMI) and waist to hip ratio were all measured as part of her health assessment. The doctor has suggested that her lifestyle is not appropriate and that she is at risk of developing coronary heart disease (CHD).

Helen decides to change her lifestyle for the better as she does not want her condition to deteriorate any more. Her main aim is to increase her overall health and well-being.