

**Pearson BTEC Level 3 Nationals**

<h1>Sport</h1> <p><b>Unit 2: Fitness Training and Programming for Health, Sport and Well-being</b></p>	<p>Level</p>  <p>3</p> <p>Part</p>  <p>A</p>
<p>Extended Certificate/Foundation Diploma/Diploma/Extended Diploma</p> <p><b>Sample assessment material for first teaching September 2016</b></p>	

**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.



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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

John is a 32-year-old male who works approximately 7–8 hours a day as a full-time builder.

He takes part in regular exercise and has a passion for weightlifting. John has recently participated in numerous competitions to challenge himself further within his sport. John trains twice every day, once before and once after work, and tries to follow a diet plan that will maximise his potential and performance.

John has recently hired a strength and conditioning coach, as he wants to improve his weightlifting technique, as well as different components of fitness that can take him to a higher level within the sport.

John's coach has decided to put him through a health screening procedure to see what his general health is like, as well as design a new diet plan and a fitness training programme. The aim of this is to improve his components of fitness, with the main objective being to win the next competition in 3 months' time.