

## Pearson BTEC Level 3 Nationals

Write your name here

Surname	Forename
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Level

3

Learner Registration Number

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Centre Number

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# Sport

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

Part

B

Marks

Supervised hours

2.5

Extended Certificate/Foundation Diploma/Diploma/Extended Diploma

Sample assessment material for first teaching September 2016

### Instructions

- Use **black** ink or ball-point pen.
- Fill in the boxes** at the top of this page with your name.
- Answer **all** activities.
- Answer the activities in the spaces provided  
– *there may be more space than you need.*
- Do **not** return research notes or **Part A** to Pearson.

### Information

- The total mark for this paper is 60.
- The marks for each activity are shown in brackets  
– *use this as a guide as to how much time to spend on each activity.*
- 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.

### Advice

- Read each question carefully before you start to answer it.
- Try to answer every activity.
- Check your answers if you have time at the end.

### Paper reference

31525

S51922A

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PEARSON

Turn over

## Important Information

Refer to your research notes from Part A to complete Part B. You cannot access the internet or any other resource during the supervised assessment period.

You must plan your time and work independently throughout the 2.5 hour supervised assessment period.

You will complete Part B under supervision and your work will be kept securely during any breaks taken.

You must not share your work with other learners.

## 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.

## Part B

### Lifestyle questionnaire

#### Section 1: Personal details

Name: **John Smith**

Address: **49 The Walk  
Anytown  
The County**

Home telephone: **01234 567891**

Mobile telephone: **07123 456790**

Email: **john7@email.com**

Date of birth: **25/07/1984**

**Please answer the following questions to the best of your knowledge.**

#### Occupation

1. What is your occupation?

**Builder**

2. How many hours do you work daily?

**7–8 hours per day with a 30-minute lunch break**

3. How far do you live from your workplace?

**I work in lots of different places**

4. How do you travel to work?

**Drive**

5. How active would you say your job was?

**Very active**

#### Section 2: Current activity levels

1. How many times a week do you currently take part in physical activity?

**Six days a week, twice a day**

2. What type of activity/exercise do you mainly take part in?

**Weight training**

### Section 3: Nutritional status

1. Complete the food diary for the previous two days.

Day 1	Breakfast	Lunch	Dinner	Snacks
Yes/No	No	Yes	Yes	Yes
Time of day		12.45pm	8.30–9pm	Variable times throughout the day
Food intake		Jacket potato with cheese and beans	Steak and potatoes	Chocolate bar Packet of crisps Peanuts
Fluid intake	3 x cups of tea, 3 pints of beer, 1 small bottle of water			
Day 2	Breakfast	Lunch	Dinner	
Yes/No	No	Yes	Yes	Yes
Time of day		12.45pm	8.30–9pm	Variable times throughout the day
Food intake		Ham and cheese sandwich 1 apple	Spaghetti Bolognese	1 apple Chocolate bar Peanuts
Fluid intake	3 x cups of tea, 3 pints of beer, 1 small bottle of water			
2. Do you take any supplements? If yes, which ones?				No

### Section 4: Your lifestyle

Please answer the following questions to the best of your knowledge.

1. How many units of alcohol do you drink in a typical week? **24**
2. Do you smoke? **Yes** If yes, how many cigarettes a day? **3 a day**
3. Do you experience stress on a daily basis? **Yes**

If yes, what causes you stress (if you know)? **I worry that my work may interrupt my training programme in the future.**

4. On average, how many hours sleep do you get per night? **7**

### Section 5: Health monitoring tests

Test results

Test	Result
Blood Pressure	123/81 mmHg
Resting Heart Rate	65 bpm
Body Mass Index	35
Waist-to-Hip Ratio	0.80

### Section 6: Physical activity/sporting goals

What are your physical activity/sporting goals?

**To win my next weightlifting competition in 3 months' time.**

**To increase my strength and the amount of weight I can lift.**

### CLIENT DECLARATION

I have understood and answered all of the above questions honestly.

Signed client: J. Smith

Print name: John Smith

Date: 11/09/16

**Taskbook**

**Please do not write answers outside the spaces provided.**

**You must complete all activities in this taskbook.**

**1** Interpret the lifestyle factors and screening information for John Smith.

**12 marks**

Large rectangular area with horizontal dotted lines for writing answers.

A large rectangular area with a double-line border and 25 horizontal dotted lines, intended for writing.

Lined writing area for activity 1.

Total for Activity 1 = 12 marks





2 Provide lifestyle modification techniques for John Smith.

12 marks

A large rectangular area containing horizontal dotted lines for writing.

A large rectangular frame with a double-line border and a dotted line inside, intended for writing. The frame is centered on the page and occupies most of the vertical space.

Lined writing area for activity response.

Total for Activity 2 = 12 marks

**3** Provide and justify your nutritional guidance for John Smith to meet his specific requirements.

8 marks

A large rectangular box containing 25 horizontal dotted lines for writing the answer.

Lined writing area with 25 horizontal dotted lines.

Total for Activity 3 = 8 marks

4 Propose and justify different training methods that meet John Smith's training needs.

8 marks

A large rectangular box containing 25 horizontal dotted lines for writing the answer.

Handwriting practice area with 25 horizontal dotted lines.

Total for Activity 4 = 8 marks

5 Design weeks 1, 3 and 6 of a six-week fitness training programme for John Smith.

6 marks

<b>Week 1</b>							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Physical activity							



**Week 3**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Physical activity							

**Week 6**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Physical activity							

**Total for Activity 5 = 6 marks**

**6** Justify the fitness training programme that you have designed for John Smith.

14 marks

A large rectangular box containing 25 horizontal dotted lines for writing the answer.

A large rectangular frame with a double-line border. Inside the frame, there are 25 horizontal dotted lines spaced evenly down the page, providing a guide for handwriting practice. The frame has slightly rounded corners at the top and bottom.

A large rectangular area with a double-line border. The inner border is solid, while the outer border has slightly rounded corners. Inside this area, there are 25 horizontal dotted lines spaced evenly down the page, providing a guide for handwriting practice.

Lined writing area for student response.

Total for Activity 6 = 14 marks

**END OF TASK** **TOTAL FOR TASK = 60 MARKS**