

Pearson BTEC Sample Set Assignment Brief

Single Part Assessment

Unit 1 – Health, Wellbeing and Sport

For use with:

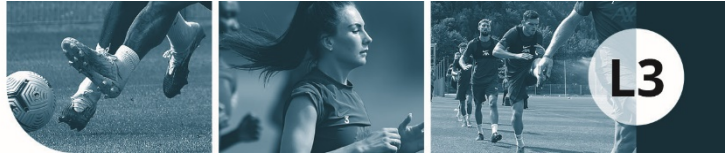
Pearson BTEC International Level 3 qualifications in Sports

Certificate / Subsidiary Diploma / Foundation Diploma / Diploma / Extended Diploma

Advised Supervised hours	12 hours
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For completion by the centre

Qualification (select as appropriate)	Certificate / Subsidiary Diploma / Foundation Diploma / Diploma / Extended Diploma
Assessment date	



L3

Instructions to Teachers/Tutors and/or Invigilators

The Pearson Set Assignment will be assessed internally by the centre using the unit Assessment Criteria detailed in the qualification specification. The assignment will be sampled by the Standards Verifier as part of the standards verification annual centre visit.

Conditions of supervision

The Pearson Set Assignment should be undertaken in conditions that assure the authenticity of outcome. This may require supervision.

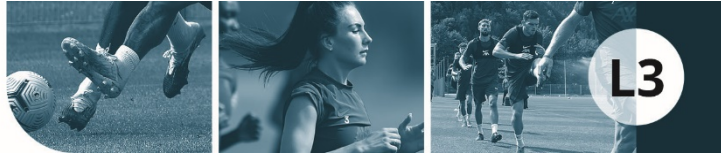
We advise that the Pearson Set Assignment be completed in sessions that come to a total of 12 hours. The Pearson Set Assignment should not be shared with learners prior to the start of the assessment period. Teachers/tutors are responsible for security of the Pearson Set Assignment and materials.

Outcomes for Submission

Learners may submit handwritten or word-processed evidence.

Learners must save their work regularly and ensure that all materials can be identified as their work.

Learners must submit their own, independent work as detailed in the set assignment. Each learner must complete an authentication sheet.



Instructions to Learners

Read the Set Assignment Information and Set Assignment carefully.

You will be asked to carry out specific activities using the information provided. You will be given a specific time period to complete the assignment including time to gather your research.

At all times you must work independently and must not share your work with other learners. You must complete an authentication sheet and submit this along with your work. This document contains the information you need to prepare for the Set Assignment.

Set Assignment

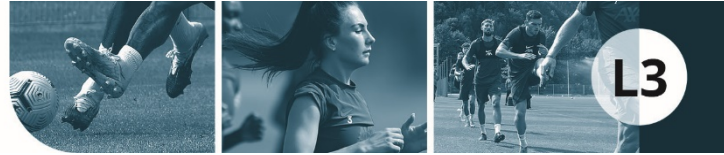
You must complete ALL activities.

ACTIVITY 1 – Independent Research

You are working as an Assistant Coach in a local Leisure Centre. The Leisure Centre manager wants to increase the number of activities they provide for the local community to increase sales and encourage regular participation.

As an opportunity to develop your role and increase your hours, the Manager has asked you to explore the local area and produce information that summarises the different types of activities and groups of people that could potentially attend the Centre. You then need to research the reasons for individuals taking part in regular exercise and the associated benefits.

This information should be used to verbally discuss recommendations for developing activities for the local user groups at the Leisure Centre



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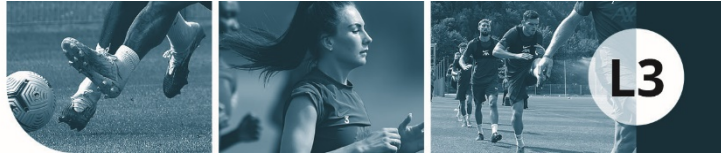
ACTIVITY 2 – Report into physical activities for young people in the local area.

The Leisure Centre Manager would like you produce a report that reviews physical activities available for **the young people** in the local area and the reasons for providing them in your local area.

You must use the outcome of your research from Activity 1.

- Explain the different types of activity being delivered in your local area, including one from each category of; sports, physical recreation, outdoor activities, physical education and physical fitness activities for young people.
- Explain the benefits to young people of taking part in each activity
- Explain social, financial, environmental and historical reasons for providing different types of physical activities, identifying how it improve quality of life for the young people.
- Analyse how the activities (relevant to your leisure centre) can benefit the physical and mental health of different groups in the local community
- Make recommendations as to which activities you believe the leisure centre should provide to improve participation in sport and physical activity for young people.
- Justify your suggestions by evaluating the most effective ways to get young people from the local area engaged in regular participation in sport and physical activity.

This activity covers learning aim A.
A.P1, A.P2, A.M1, A.D1



ACTIVITY 3 – Understanding Wellbeing and health screening processes.

The Leisure Centre is working with the local governments 'Active Lives' team to promote physical and mental well-being. From their research, the Active Lives team have found that many people in your local community do not understand the importance of mental and physical health or how to measure it. The Leisure Centre intend to work with Active Lives to promote a 'Weekend of Well-being' which will aim to educate the local community and draw more users into regular participation.

The Leisure Centre Manager would like you to create a presentation that can be used to inform staff and clients at the Centre during the event.

In your presentation you should include:

- A definition of good physical health and mental health and social wellbeing
- Indicators of good physical and mental health
- Factors that could affect the client's physical and mental health
- Benchmarks of physical health to allow the clients to understand what their physical test scores mean
- The signs and symptoms of poor mental health and social well-being

To give the clients a 'live' example of how health screening works you need to complete physical and mental health screening and produce a report to summarise your current health status.

- Create a health-screening questionnaire that is appropriate for summarising a client's lifestyle habits. The questionnaire should target the benchmarks of good physical health and lifestyle indicators.
- Complete the health screening questionnaire that you have created
- Participate in health monitoring tests and gain pictures of you taking part in each test
- Complete the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS)
- Display your results on the presentation you created for Part A

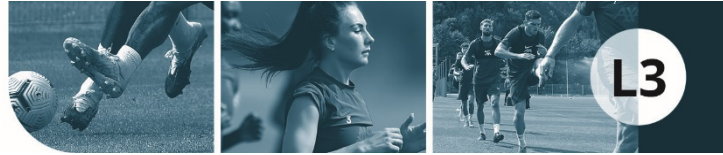
Using the information from the physical and mental well-being testing, analyse your current health by linking the results to the impact on your health. Use the screening information to identify areas of strength and areas that could be improved. When you are comparing the physical health screening test scores you should compare to National Normative data to give a clear comparison.

Evaluate your overall physical and mental health to create an overall picture of health and wellbeing for yourself. Use your identified areas for improvement to discuss the potential impact of not changing any areas for improvement. This should be based on general fitness, day-to-day living and sports performance (if appropriate).

This activity covers learning aims B and C.

B.P3, B.P4, B.M2

C.P5, C.P6, C.M3, BC.D2



ACTIVITY 4 – Carrying out health screening on a client and assessing the results

The 'Active Lives' team from the local council have had some really good feedback about the well-being event and have gained some funding to run a small project. They would like you to contribute to the start of the project where clients come into the Leisure Centre to have their physical and mental health assessed. This will involve you conducting practical health screening with a client.

You will work with a client to collect physical and mental health screening information which will enable you to summarise their current health status. The whole process should be video-recorded.

- Effectively communicate with a client to build a rapport and introduce the screening process
- Consult with your client to complete your health-screening questionnaire. You should use extension questions to draw more information out of the client where possible.
- Lead your client safely and effectively through a battery of health monitoring tests and record the results.
- Complete the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) with your client.

Following a break, which will give you time to review your client's results, you will feedback your interpretation of the client's health status.

- Use the information from the physical and mental well-being testing to analyse the client's current health. Use the screening information to identify areas of strength and areas that could be improved and the link to the impact on their health. When you are comparing the physical health screening test scores you should compare to National Normative data to give a clear comparison.

Evaluate your clients overall physical and mental health by reviewing all of the information you have collected and review the main priorities for change. Discuss the major areas of change and suggest appropriate and realistic strategies for your client to improve. These strategies should be based on short-term fixes as well as long-term lifestyle changes that will impact on their physical and mental health over a lifetime.

This activity covers learning aim D.
D.P7, D.P8, D.M4, D.D3