

Pearson BTEC Level 3 Nationals Extended Certificate

Sport

Unit 2: Fitness Training and Programming for Health, Sport and Wellbeing

Part A

June 2018

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 hours and 30 minutes 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 hours and 30 minutes 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 Instructions 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 (minimum font size 10) 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 hours and 30 minutes on the timetabled date. Centres may schedule a supervised rest break during the session.

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 must 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**.

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

Part A

Case study

Christine is a 48-year-old female. She works as a personal assistant for the managing director of a large company. Christine drives 2.5 miles to work every day. This takes an average of 30 minutes because of the heavy traffic.

Christine's workload has increased a lot and she also has some problems in her personal life. She has started to lose her appetite and she often doesn't have breakfast. This is having a negative effect on her health and wellbeing.

Recently Christine has started to feel both physically and mentally ill. She has needed to have a lot of time off work. Christine has decided to get some advice and guidance about her lifestyle. She is also going to go to her doctor for a health assessment.

Christine knows that her lifestyle is not healthy and that she needs to make some important changes. She would like to maintain a healthy work-life balance and to improve her general health and wellbeing.

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