

Please check the examination details below before entering your candidate information

Candidate surname

Other names

Centre Number

Learner Registration Number

Pearson BTEC Level 3
Nationals Extended
Certificate

Wednesday 8 January 2020

Morning (Time: 2 hours 30 minutes)

Paper Reference **31525H**

Sport

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

Part B

You must have:

Your research notes from **Part A** (maximum four A4 sides)

Total Marks

Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and learner registration number.
- Answer **all** activities.
- Answer the activities in the spaces provided
– *there may be more space than you need.*

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.*

Advice

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

Turn over ►

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Important Information

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

You must plan your time and work independently throughout the 2 hours and 30 minutes 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

Lisa is a 38 year-old female who works in an office. She sits at a desk from 9 am until 5 pm for five days a week. She drives 10 miles to work each day and takes her children to school on the way.

Lisa has spent many years working full time and also looking after her children. This has had a negative impact on her health and wellbeing. Lisa's family have noticed that she often looks very tired and she knows she has gained extra body weight.

Lisa has made an appointment to see an expert to get some lifestyle advice. Lisa has been told to have a full health screening assessment before she receives any guidance.

Lisa would like to improve her health and wellbeing by increasing her energy levels and by losing some of the extra weight she has gained.

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Part B

Lifestyle questionnaire

Section 1: Personal details

Name: Lisa Goddard

Address: 48 The Road
Smalltown
County

Home telephone: 03678 538653

Mobile telephone: 07645 234678

Email: lgoddard@email.com

Age: 38

Please answer the following questions.

Occupation

1. What is your occupation?
Office worker
2. How many hours do you work each day?
7.5 hrs
3. How far do you live from your occupation?
10 miles
4. How do you travel to your occupation?
Car
5. How active would you say your occupation was?
Not active

Section 2: Current activity levels

1. How many times a week do you currently take part in physical activity?
None
2. What type of activity/exercise do you mainly take part in?
N/A

DO NOT WRITE IN THIS AREA



Section 3: Nutritional status

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

Day 1	Breakfast	Lunch	Dinner	Snacks
Y/N	Y	Y	Y	Y
Time of day	8.00 am	12.30 pm	6.30 pm	Different times during the day
Food intake	1 piece of white toast with jam	Ham and cheese sandwich with crisps Chocolate bar	Chicken, chips and vegetables Ice cream	Chocolate bar Packet of crisps Sausage roll
Fluid intake	2 x cups of tea, 500 ml of water, 2 x glasses of white wine			

DO NOT WRITE IN THIS AREA



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Day 2	Breakfast	Lunch	Dinner	Snacks
Y/N	Y	Y	Y	Y
Time of day	8.00 am	12.30 pm	6.30 pm	Different times during the day
Food intake	Bowl of cereal (coco pops)	Lasagne and chips Ice cream	Fish, potatoes and vegetables	2 x packets of crisps Doughnut Chocolate bar Yoghurt
Fluid intake	2 x cups of tea, 500 ml of water, 3 x glasses of white wine			

2. Do you take any supplements?
If yes, which ones?

No



Section 4: Your lifestyle

Please answer the following questions.

1. How many units of alcohol do you drink in a typical week? **35**
2. Do you smoke? **No** If yes, how many cigarettes a day? **N/A**
3. Do you experience stress on a daily basis? **Yes**
If yes, what causes you stress (if you know)?

Work and looking after the children

4. On average, how many hours of sleep do you get per night? **5**

Section 5: Health monitoring tests

Test results

Test	Result
Blood pressure	135/90 mmHg
Resting heart rate	75 bpm
Body mass index	28
Waist-to-hip ratio	0.85

Section 6: Physical activity/sporting goals

What are your physical activity/sporting goals?

To lose some of my extra weight and increase my health and wellbeing.

CLIENT DECLARATION

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

Signed client: L. Goddard

Print name: Lisa Goddard

Date: 21/11/2019

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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 Lisa Goddard.

(12)

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(Total for Activity 1 = 12 marks)



2 Provide and justify lifestyle modification techniques for Lisa Goddard.

(12)

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(Total for Activity 2 = 12 marks)



3 Provide and justify nutritional guidance for Lisa Goddard to meet her specific requirements.

(8)

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(Total for Activity 3= 8 marks)



4 Propose and justify different training methods that meet Lisa Goddard's training needs.

(8)

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(Total for Activity 4 = 8 marks)



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

(6)

Week 1

	Physical activity
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

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Week 3

	Physical activity
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

DO NOT WRITE IN THIS AREA



Week 6

Physical activity

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

(Total for Activity 5 = 6 marks)

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6 Justify the fitness training programme that you have designed for Lisa Goddard, considering the principles of fitness training.

(14)

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DO NOT WRITE IN THIS AREA

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(Total for Activity 6 = 14 marks)

TOTAL FOR TASK = 60 MARKS



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