

Please check the examination details below before entering your candidate information

Candidate surname

Other names

Pearson BTEC
Level 3 Nationals
Extended
Certificate

Centre Number

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Learner Registration Number

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Tuesday 7 May 2019

Afternoon (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

Alan is 70 years old and has recently retired from a busy career of being a managing director, which took up a lot of his free time. Alan now has more spare time and would like to use this to return to his childhood passion of playing tennis.

However, Alan has not taken part in regular exercise for many years. He is worried about whether he will be able to cope with the demands of the sport and the impact that it will have on his body.

Alan has been advised to have a full health screening assessment before he undertakes any form of exercise. Alan is aware that regular exercise will also help him in other aspects of his lifestyle and wellbeing that need to change.

Alan would like to improve his general fitness levels and participate in physical activity regularly for fun and enjoyment.

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Part B

Lifestyle questionnaire

Section 1: Personal details

Name: Alan Turner

Address: 19 The Street
Everytown
County

Home telephone: 02167 878356

Mobile telephone: 07154 667548

Email: turneralan@email.com

Age: 70

Please answer the following questions.

Occupation

1. What is your occupation?
Recently retired
2. How many hours do you work each day?
0
3. How far do you live from your occupation?
N/A
4. How do you travel to your occupation?
N/A
5. How active would you say your occupation was?
Not very 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



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	8.30 am	12.30 pm	7.00 pm	Different times during the day
Food intake	Egg, bacon and mushrooms	Ham sandwich and crisps	Steak, potatoes and vegetables	Peanuts 1 x chocolate bar
Fluid intake	3 x cups of tea, 2 x glasses of red wine			

Day 2	Breakfast	Lunch	Dinner	Snacks
Y/N	Y	Y	Y	Y
Time of day	8.30 am	12.45 pm	7.30 pm	Different times during the day
Food intake	Sausages, mushrooms, tomatoes and baked beans	Chicken Caesar salad	Fish and chips takeaway	Packet of crisps Doughnut
Fluid intake	3 x cups of tea, 3 x glasses of red wine, 1 x glass of water			

2. Do you take any supplements? If yes, which ones?	No
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Section 4: Your lifestyle

Please answer the following questions.

- 1. How many units of alcohol do you drink in a typical week? **25**
- 2. Do you smoke? **Yes** If yes, how many cigarettes a day? **5**
- 3. Do you experience stress on a daily basis? **No**

If yes, what causes you stress (if you know)?

N/A

- 4. On average, how many hours sleep do you get per night? **8**

Section 5: Health monitoring tests

Test results

Test	Result
Blood pressure	150/92 mmHg
Resting heart rate	72 bpm
Body mass index	29
Waist-to-hip ratio	0.98

Section 6: Physical activity/Sporting goals

What are your physical activity/sporting goals?

To improve general fitness levels and participate in physical activity regularly for enjoyment.

CLIENT DECLARATION

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

Signed client: A. Turner Print name: Alan Turner

Date: 21/04/2019



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 Alan Turner.

(12)

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(Total for Activity 1 = 12 marks)



2 Provide and justify lifestyle modification techniques for Alan Turner.

(12)

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(Total for Activity 2 = 12 marks)



3 Provide and justify nutritional guidance for Alan Turner to meet his specific requirements.

(8)

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(Total for Activity 3 = 8 marks)



4 Propose and justify different training methods that meet Alan Turner's training needs.

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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 Alan Turner.

(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	

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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 Alan Turner, considering the principles of fitness training.

(14)

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(Total for Activity 6 = 14 marks)

TOTAL FOR TASK = 60 MARKS

