

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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Wednesday 9 January 2019

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

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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

Nyle is a 19-year-old student who enjoys training and competing in the 100 m sprint. Nyle has competed for his local athletics club for several seasons and he hopes to compete at the highest level he possibly can.

Nyle has had a long time away from the sport. He is now determined to start training again as the athletics season will be starting soon.

His athletics coach has suggested that he should take part in a full screening assessment for his health and wellbeing before his training programme begins. Nyle's coach has also suggested that he will need to change parts of his lifestyle if he is to achieve his sporting goals this season.

Nyle's goals are to get back to training on a regular basis and try to achieve a new personal best in the 100 m sprint this season.

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Part B

Lifestyle questionnaire

Section 1: Personal details

Name: Nyle Hudson

Address: 43 The Road
Sometown
The City

Home telephone: 02134 765432

Mobile telephone: 07155 989727

Email: hudson09@email.com

Age: 19

Please answer the following questions.

Occupation

1. What is your occupation?
A full-time student
2. How many hours do you work each day?
4–5 hours of study per day
3. How far do you live from your occupation?
1 mile
4. How do you travel to your occupation?
Walk
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?
Twice a week – each session being 30 minutes
2. What type of activity/exercise do you mainly take part in?
Sprint training

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Section 3: Nutritional status

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

Day 1	Breakfast	Lunch	Dinner	Snacks
Y/N	N	Y	Y	Y
Time of day	8 am	12 pm	9 pm	Different times during the day
Food intake	Nothing	Jacket potato with cheese and beans	Cheese and tomato pizza	1 x apple 1 x chocolate bar
Fluid intake	2 x cups of coffee, 2 x pints of lager			

Day 2	Breakfast	Lunch	Dinner	Snacks
Y/N	Y	Y	Y	Y
Time of day	8 am	12 pm	8.30 pm	Different times during the day
Food intake	Toast with butter and jam x 2	Beef burger and chips	Chinese takeaway	1 piece of fruit Packet of crisps Sweets
Fluid intake	2 x cups of coffee, 3 x pints of lager			

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? **18**
- 2. Do you smoke? **Yes** If yes, how many cigarettes a day? **2**
- 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? **7-8**

Section 5: Health monitoring tests

Test results

Test	Result
Blood pressure	130/85 mmHg
Resting heart rate	71 bpm
Body mass index	28
Waist-to-hip ratio	0.96

Section 6: Physical activity/Sporting goals

What are your physical activity/sporting goals?

To train on a regular basis and to achieve a new personal best in the 100 m sprint this season.

CLIENT DECLARATION

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

Signed client: N. Hudson Print name: Nyle Hudson

Date: 10/01/2019

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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 Nyle Hudson.

(12)

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(Total for Activity 1 = 12 marks)



2 Provide and justify lifestyle modification techniques for Nyle Hudson.

(12)

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(Total for Activity 2 = 12 marks)



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3 Provide and justify nutritional guidance for Nyle Hudson to meet his specific requirements.

(8)

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(Total for Activity 3 = 8 marks)



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4 Propose and justify different training methods that meet Nyle Hudson'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 Nyle Hudson.

(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 Nyle Hudson considering the principles of fitness training.

(14)

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(Total for Activity 6 = 14 marks)

TOTAL FOR TASK = 60 MARKS

