




The Langley Academy
PE Faculty

Transition work
Summer 2017

BTEC Sport

Name:.....

Pearson BTEC Level 3 Nationals

Write your name here		Level
Surname	Forename	
Learner Registration Number		Centre Number
<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>		<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
<h1>Sport</h1> <p>Unit 2: Fitness Training and Programming for Health, Sport and Well-being</p>		Part  Marks  Supervised hours 
Extended Certificate/Foundation Diploma/Diploma/Extended Diploma Sample assessment material for first teaching September 2016		

Instructions

- You will need your research notes from Part A (maximum four A4 sides).
- Part B contains material for the completion of the set task under supervised conditions.
- Part B is specific to each series and these materials must only be issued to learners who have been entered to undertake the task in the relevant series. Part B should be undertaken in 2 hours during the assessment period timetabled by Pearson.
- You are not required to submit your research notes. 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.
- Complete 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 grey boxes – use this as a guide as to how much time to spend on each activity.

Advice

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

Paper reference
31525

Important Information

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

You must plan your time and work independently throughout the 2 hour 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

John is a 32-year-old male who works approximately 7-8 hours a day as a full-time builder.

He takes part in regular exercise and has a passion for weightlifting. John has recently participated in numerous competitions to challenge himself further within his sport. John trains twice every day, once before and once after work, and tries to follow a diet plan that will maximise his potential and performance.

John has recently hired a strength and conditioning coach, as he wants to improve his weightlifting technique, as well as different components of fitness that can take him to a higher level within the sport.

John's coach has decided to put him through a health screening procedure to see what his general health is like, as well as design a new diet plan and a fitness training programme. The aim of this is to improve his components of fitness, with the main objective being to win the next competition in 3 months' time.



Part B

Lifestyle questionnaire

Section 1: Personal details

Name: John Smith

Address: 49 The Walk
Anytown
The County

Home telephone: 01234 567891

Mobile telephone: 07123 456790

Email: john7@email.com

Date of birth: 25/07/1984

Please answer the following questions to the best of your knowledge.

Occupation

1. What is your occupation?

Builder

2. How many hours do you work daily?

7–8 hours per day with a 30-minute lunch break

3. How far do you live from your workplace?

I work in lots of different places

4. How do you travel to work?

Drive

5. How active would you say your job was?

Very active

Section 2: Current activity levels

1. How many times a week do you currently take part in physical activity?

Six days a week, twice a day

2. What type of activity/exercise do you mainly take part in?

Weight training

Section 3: Nutritional status

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

Day 1	Breakfast	Lunch	Dinner	Snacks
Yes/No	No	Yes	Yes	Yes
Time of day		12.45pm	8.30–9pm	Variable times throughout the day
Food intake		Jacket potato with cheese and beans	Steak and potatoes	Chocolate bar Packet of crisps Peanuts
Fluid intake	3 x cups of tea, 3 pints of beer, 1 small bottle of water			
Day 2	Breakfast	Lunch	Dinner	
Yes/No	No	Yes	Yes	Yes
Time of day		12.45pm	8.30–9pm	Variable times throughout
Food intake		Ham and cheese sandwich	Spaghetti Bolognese	1 apple Chocolate bar
Fluid intake	3 x cups of tea, 3 pints of beer, 1 small bottle of water			
2. Do you take any supplements? If yes, which ones?				No



Section 4: Your lifestyle

Please answer the following questions to the best of your knowledge.

1. How many units of alcohol do you drink in a typical week? 24
2. Do you smoke? Yes If yes, how many cigarettes a day? 3 a day
3. Do you experience stress on a daily basis? Yes

If yes, what causes you stress (if you know)? I worry that my work may interrupt my training programme in the future.

4. On average, how many hours sleep do you get per night? 7

Section 5: Health monitoring tests

Test results

Test	Result
Blood Pressure	123/81 mmHg
Resting Heart Rate	65 bpm
Body Mass Index	35
Waist-to-Hip Ratio	0.80

Section 6: Physical activity/sporting goals

What are your physical activity/sporting goals?

To win my next weightlifting competition in 3 months' time.

To increase my strength and the amount of weight I can lift.

CLIENT DECLARATION

I have understood and answered all of the above questions

honestly. Signed client: J. Smith Print name: John Smith

Date: 11/09/16

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 John Smith.
- 2 Provide lifestyle modification techniques for John Smith.
- 3 Provide and justify your nutritional guidance for John Smith to meet his specific requirements.

