

NCFE Level 1/2 Technical Award in Health and Fitness (603/7007/5)**Examined Assessment**Paper number: **Past paper**Assessment date: **Tuesday 20 May 2025**Time allowed: **1 hour 30 minutes**Time: **1.30pm – 3.00pm****Learner instructions**

- Use black ink.
- Answer **all** questions.
- Read each question carefully.
- You **must** write your responses in the spaces provided.
- You may do rough work in this answer book. Cross through any work you do not wish to be marked.
- If you use a supplementary answer booklet, you must add your learner name, learner number and centre number to the front cover of the booklet. Insert your supplementary answer booklet inside this question paper at the end of your test.
- All of the work you submit **must** be your own.

Learner information

- The marks available for each question are shown in brackets.
- The maximum mark for this paper is **80**.
- You may use a calculator.

Do not turn over until the invigilator tells you to do so.

Please complete / check your details below

Learner name:

Centre name:

Learner number:

Centre number:

Section A

This section has a possible **22** marks.

Answer **all** questions in the spaces provided.

- 1** Which **one** of the following is a characteristic of a type 1 muscle fibre?

[1 mark]

- A** Dark red in colour
- B** Fast contraction speed
- C** Fast to fatigue
- D** White in colour

Answer _____

- 2** Which **one** of the following muscles is located in the lower leg?

[1 mark]

- A** Latissimus dorsi
- B** Obliques
- C** Tibialis anterior
- D** Trapezius

Answer _____

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3 Which **one** of the following is **not** a cardiovascular measurement?

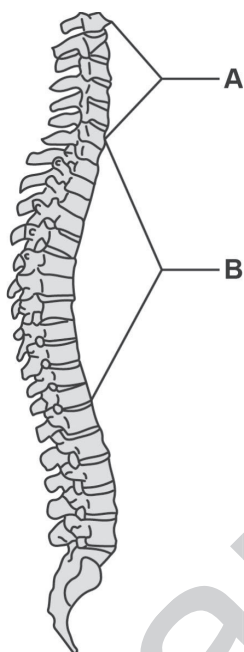
[1 mark]

- A Blood pressure
- B Cardiac output
- C Heart rate
- D Stroke volume

Answer _____

Please turn over for the next question.

- 4 The image below shows the structure of the spine.



Identify the regions of the spine labelled **A** and **B**.

[2 marks]

A _____

B _____

- 5 (a)** A long bone is a type of bone.

Name **two other** types of bone.

[2 marks]

Bone type 1 _____

Bone type 2 _____

- 5 (b)** Describe how the function of a long bone would affect an individual whilst playing a game of rugby.

[2 marks]

- 6 (a)** A personal trainer planning a circuit training session chooses burpees as an exercise which uses the anaerobic energy system.

Choose **two other** exercises that will use the anaerobic energy system when participating in a circuit training session.

[2 marks]

Exercise 1 _____

Exercise 2 _____

- 6 (b)** Discuss why performing burpees during a circuit training session would use the anaerobic energy system.

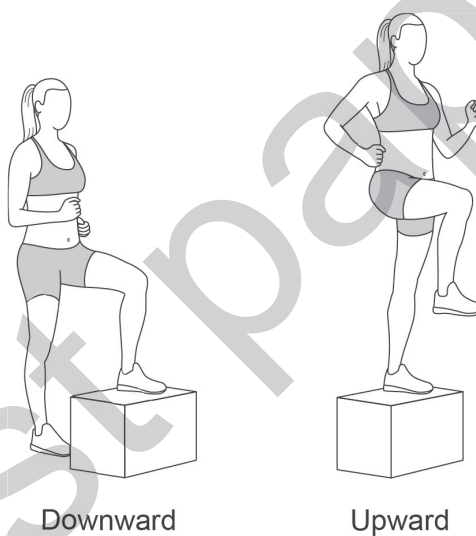
[2 marks]

- 7 A client is performing a squat as part of a leg strengthening workout.

Explain how the primary function of **one** of the muscles in the leg contributes to their ability to perform this exercise.

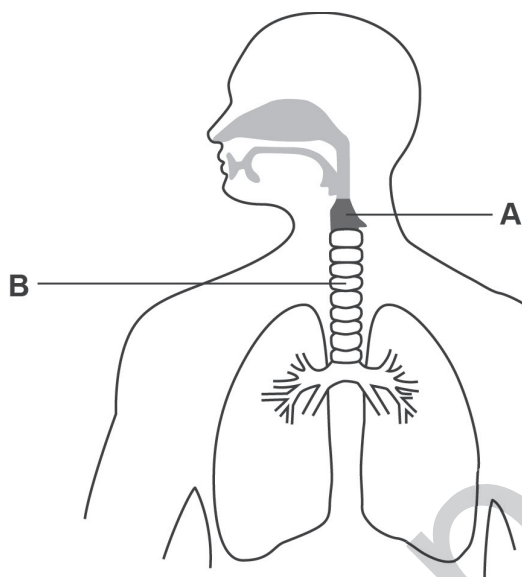
[2 marks]

- 8 Discuss how the concentric muscle contracts during the upward phase of a step-up exercise as shown in the image below.



[2 marks]

- 9 (a) The image below shows structures in the respiratory system.



Identify the structures of the respiratory system labelled **A** and **B**.

[2 marks]

A _____

B _____

- 9 (b) Analyse how **one** feature of the alveoli would help the performance of a long-distance runner.

[3 marks]

Section B

This section has a possible **20** marks.

Answer **all** questions in the spaces provided.

- 10** Which **one** of the following is the definition of fitness?

[1 mark]

- A** The ability to finish a race in the fastest time
- B** The ability to lift heavy weights
- C** The ability to meet the demands of an environment
- D** The ability to train harder than all of your friends

Answer _____

- 11** Which **one** of the following is a component of health-related fitness?

[1 mark]

- A** Agility
- B** Co-ordination
- C** Flexibility
- D** Speed

Answer _____

12 Which **one** of the following fitness tests measures cardiovascular endurance? [1 mark]

- A Bruce protocol test
- B Illinois agility test
- C Sit and reach test
- D Sit-up test

Answer _____

13 Define the term 'health'. [1 mark]

14 Name **one** principle of overload. [1 mark]

15 Define 'agility' **and** 'co-ordination'. [2 marks]

Agility _____

Co-ordination _____

- 16** Power and balance are components of skill-related fitness.

Give **one** example of when a 100 m sprinter would use power **and** balance in a race.

[2 marks]

Power _____

Balance _____

- 17** A gymnast performs a plank during training to improve their core strength.

Explain how this exercise can improve the gymnast's performance.

[2 marks]

- 18** Analyse **one** component of skill-related fitness that would benefit an individual competing in a triathlon.

[3 marks]

- 19 (a)** Increased breathing rate and increased body temperature are short-term effects of health and fitness activities.

Give **two other** short-term effects of health and fitness activities.

[2 marks]

Short-term effect 1 _____

Short-term effect 2 _____

- 19 (b)** Explain how increased breathing rate **and** sweating could benefit an individual taking part in a netball match.

[4 marks]

Increased breathing rate _____

Sweating _____

Please turn over for the next section.

Section C

This section has a possible **20** marks.

Answer **all** questions in the spaces provided.

- 20** Which **one** of the following is a potential benefit of a cool-down?

[1 mark]

- A** Aids mental preparation
- B** Breathing rate returns to normal
- C** Gradually increase heart rate
- D** Increase blood flow to muscles

Answer _____

- 21** Which **one** of the following best describes the process of analysing data in a health and fitness setting?

[1 mark]

- A** Determining the information required
- B** Establishing the result of findings
- C** Identifying improvements to the process
- D** Interpreting the findings using logical reasoning

Answer _____

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22 Which **one** of the following key nutrients encourages muscle growth?

[1 mark]

- A** Fat
- B** Fibre
- C** Protein
- D** Water

Answer _____

23 (a) State **two** reasons why it is important to understand an individual's health and readiness for participation before starting a training programme.

[2 marks]

1 _____

2 _____

23 (b) Give **two** reasons why regular health and fitness assessments should be part of a training programme.

[2 marks]

1 _____

2 _____

- 24** Explain how dynamic stretching as part of a warm-up will help a gymnast perform a routine.

[2 marks]

- 25** Explain the importance of **both** the intake of food **and** massages to help an individual to recover after taking part in a half-marathon race.

[4 marks]

Intake of food

Massages

- 26 (a)** When setting goals, it is important that the goals are specific **and** time-bound.

State **two other** principles of goal setting.

[2 marks]

Principle 1 _____

Principle 2 _____

- 26 (b)** Suggest how specific **and** time-bound goals can be applied when working with a client to lose weight within a gym setting.

[2 marks]

Specific _____

Time-bound _____

- 27** Donna is competing in a tennis tournament with the weather forecast to be high temperatures.

Analyse how staying hydrated will support Donna during a tennis tournament.

[3 marks]

Section D

This section has a possible **18** marks.

Answer **all** questions in the spaces provided.

28 Erin is training to compete in the World Weightlifting Championships.

She uses the principle of overload in her training.

Discuss how Erin could use **three other** principles of training to improve her performance.

[9 marks]

performance.

[9 marks]

Past paper

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Please turn over for the next question.

Past paper

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- You should include reasoned judgements and conclusions.

Past paper

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This is the end of the examined assessment.

Past paper

Past paper