



NCFE Level 1/2 Technical Award in Health and Fitness (603/7007/5)

Examined Assessment

Paper number: **Sample Assessment**

Date: Sample 2022 9.30am – 11.00 am

Time allowed: 1 hour 30 minutes

To be completed by the examiner			
Question	Mark	Question	Mark
1		17	
2		18	
3		19	
4		20	
5		21	
6		22	
7		23	
8		24	
9		25	
10		26 (a)	
11		26 (b)	
12		27	
13		28	
14		29	
15			
16			
			TOTAL MARK

Learner instructions

- Use black or blue 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.
- 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.

Please complete the details below clearly and in BLOCK CAPITALS.

Learner name _____

Centre name _____

Learner number Centre number

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

Section A

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

You should spend about **25** minutes on this section.

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

1 Which **one** of the following bones is in the axial skeleton?

[1 mark]

- A Clavicle
- B Pelvis
- C Radius
- D Ribs

Answer _____

2 Which **one** of the following is the correct definition for flexion?

[1 mark]

- A A decrease in the angle at a joint
- B A movement of a limb towards the midline of the body
- C A movement of a limb away from the midline of the body
- D An increase in the angle at a joint

Answer _____

3 Which **one** of the following blood vessels delivers deoxygenated blood to the lungs?

[1 mark]

- A Aorta
- B Pulmonary artery
- C Pulmonary vein
- D Vena cava

Answer _____

4 Identify **one** ball and socket joint in the human body. [1 mark]

5 State **two** functions of synovial fluid. [2 marks]

1

2

6 Identify **one** long bone in the leg and describe how its primary function helps performance in a named health and fitness activity. [3 marks]

7 Protection is **one** function of the skeletal system.

Identify a bone and, using a health and fitness activity of your choice, suggest how this bone provides protection during performance.

[3 marks]

8 Harry is a 40 year old male.

Calculate his maximum heart rate (MHR), showing your working out.

[2 marks]

Section B

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

We recommend that you spend **22** minutes on this section.

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

- 11** Which **one** of the following statements would improve muscular endurance when weight training? **[1 mark]**

- A** High weight and high repetitions
- B** High weight and low repetitions
- C** Low weight and high repetitions
- D** Low weight and low repetitions

Answer _____

- 12** Which **one** of the following is a suitable fitness test to measure power? **[1 mark]**

- A** 30 m sprint test
- B** Stork stand test
- C** Vertical jump test
- D** Wall toss test

Answer _____

- 13** In which **one** of the following activities is power most important? **[1 mark]**

- A** 10 k run
- B** 30 k cycle
- C** Golf putt
- D** Shot put

Answer _____

- 14 Two males completed the multi-stage fitness test.

Jack is 39 years old and scored 8/10.

Charlie is 27 years old and scored 7/10.

Figure 1 shows the normative data for the multi-stage fitness test for males.

Beep test – males

	poor	fair	average	good	very good	excellent
12–13 yrs	3/4	5/2	6/5	7/6	8/9	10/9
14–15 yrs	4/7	6/2	7/5	8/10	9/9	12/2
16–17 yrs	5/1	6/9	8/3	9/10	11/4	13/7
18–25 yrs	5/2	7/2	8/6	10/2	11/6	13/10
26–35 yrs	5/2	6/6	7/10	8/10	10/7	12/9
36–45 yrs	3/8	5/4	6/5	7/8	8/10	11/3
46–55 yrs	3/6	4/7	5/6	6/7	7/8	9/5
56–65 yrs	2/7	3/7	4/9	5/7	6/9	8/4
>65 yrs	2/2	2/6	3/8	4/9	6/2	7/2

Using the data shown in **Figure 1**, select the fitness level classification for Jack and Charlie against the normative data.

[2 marks]

Jack _____

Charlie _____

15 State **two** short-term effects of health and fitness activities on the body. **[2 marks]**

1 _____

2 _____

16 State **two** long-term effects of health and fitness activities on the body. **[2 marks]**

1 _____

2 _____

Please turn over for the next question

17 The Illinois agility test measures agility.
Discuss the suitability of this test for a 100 m sprinter.

[3 marks]

18 Define speed and reaction time.
Give **one** example of when you would use each in a health and fitness or sporting activity.

[4 marks]

Speed

Example

Reaction time

Example

19 **Specificity** is one principle of training.

State **two** more principles of training and explain how an individual could apply each principle in a health and fitness activity.

[4 marks]

1 _____

2 _____

Please turn over for the next section

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DO NOT WRITE IN THIS SPACE

Section C

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

We recommend that you spend **20** minutes on this section.

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

20 Which **one** of the following is a consequence of a sedentary lifestyle? **[1 mark]**

- A** Improved fitness
- B** Improved health
- C** Weight gain
- D** Weight loss

Answer _____

21 For which **one** of the following activities would carbohydrates be the most useful? **[1 mark]**

- A** 5 km run
- B** Shot put
- C** High jump
- D** 10 m dive

Answer _____

22 Which **one** of the following is the current recommended daily allowance (RDA) of calories (kCal) for an average male according to the NHS? **[1 mark]**

- A** 1500 kCal
- B** 2000 kCal
- C** 2500 kCal
- D** 3000 kCal

Answer _____

23 Before any training session, it is important to carry out a full warm-up.

State **one** phase of a warm-up and give **one** practical example.

[2 marks]

Phase

Practical example

24 At the end of a training session, it is important to carry out a full cool-down.

State **one** phase of a cool-down and give **one** practical example.

[2 marks]

Phase

Practical example

DO NOT WRITE IN THIS SPACE

25

Lifestyle choices can negatively affect performance in health and fitness activities.

Explain how drinking alcohol could negatively affect performance in health and fitness activities.

[2 marks]

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26 (b) Justify the importance of a high protein diet for Lily's new client.

[3 marks]

27 When setting goals, it is important that they are **realistic**.

State **two** other principles of goal setting and explain how an individual could apply these to a health and fitness goal.

[4 marks]

1

2

This is the end of the examined assessment.

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