



Non-Examined Assessment

Band 4 Exemplar learner Response

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

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Introduction

The following are sample learner responses for each task within an assignment alongside examiner commentary for each assignment. They show a top band level response and a third band level response of how students might respond and can help assessors in making their overall marking decisions.

Learner responses

Each learner response should demonstrate *what* a **mark band 4/top band** response looks like alongside any evidence which is required to be completed. All responses use content from the mark schemes and align with the standards in the mark band descriptors and indicative content.

Assessor commentary

The assessor commentary demonstrates *why* the responses given throughout the assignment meet the criteria for the mark band they have been awarded. The assessor commentary will be linked to, and supported by, the descriptors in the mark scheme.

Task 2: General assessment of client		
Band	Marks	Descriptors
4	10–12	<p>AO4 - Excellent demonstration and application when administering fitness analysis tools with client. Evidence of high levels of confidence when administering fitness analysis tools.</p> <p>AO3 - Makes judgements on the results of the fitness analysis tools, that are excellent, highly detailed, and highly relevant to the client.</p> <p>AO2 - Applies an excellent understanding of fitness analysis tools to formulate a general assessment of the client, that is highly detailed and highly relevant.</p>
3	7–9	<p>AO4 - Good demonstration and application when administering fitness analysis tools with client. Evidence of some confidence when administering fitness analysis tools.</p> <p>AO3 - Makes judgements on the results of the fitness analysis tools, that are good, mostly detailed, and mostly relevant to the client.</p> <p>AO2 - Applies a good understanding of fitness analysis tools to formulate a general assessment of the client, that is mostly detailed and mostly relevant.</p>
2	4–6	<p>AO4 - Reasonable demonstration and application when administering fitness analysis tools with client. Lack of confidence when administering fitness analysis tools.</p> <p>AO3 - Makes judgements on the results of the fitness analysis tools, that are reasonable, have some detail and some relevance to the client.</p> <p>AO2 - Applies a reasonable understanding of fitness analysis tools to formulate a general assessment of the client, that has some detail and some relevance.</p>
1	1–3	<p>AO4 - Limited demonstration and application when administering fitness analysis tools with client. Lack of confidence when administering fitness analysis tools.</p> <p>AO3 - Makes judgements on the results of the fitness analysis tools, that are limited, with minimal detail and minimal relevance to the client.</p> <p>AO2 - Applies a limited understanding of fitness analysis tools to formulate a general assessment of the client with minimal detail and minimal relevance.</p>
0	0	No rewardable material

Project brief

You are working in your local gym as a trainee fitness instructor.

The gym works with clients to review their current levels of fitness and help them to improve specific components of fitness through a health and fitness training programme.

A new client arrives at the gym. You are required to administer relevant fitness analysis tools that all new clients are required to complete. On completion of this you need to carry out a variety of fitness tests with your client, comparing their results to normative data.

A full analysis of your client's results should be completed. From the information acquired, it is decided that your client needs to work on their **body composition** and **power**. You set them relevant SMART goals.

To achieve the SMART goals, you should apply the **principles of training** to a health and fitness programme and select the appropriate **methods of training** for your client's needs. The health and fitness training programme should last 4 weeks. In addition to this a 1 week diet plan should be designed.

At the end of the 4 week health and fitness programme, you need to re-test, record, and assess your client's level of fitness for body composition and power, making conclusions about the effectiveness of the health and fitness programme.

Task 1: Fitness assessment of client

Evidence:

- evidence of administration – fitness test results sheet
- written report showing evaluation of client's results with a comparison to normative data.

Within this assessment I am going to work with a client to assess their level of fitness across two chosen components of fitness; body composition and power. Body composition can be defined as the term used to describe the make up of the body; focussing on the percentage of fat, bone and muscle. Power can be defined as strength exerted at speed. My chosen client is a fellow student in my class who is a male, aged 16 years of age. He takes part in football outside of school, is 171cm in height and weighs 12st 8lb.

Body Composition – BMI		Power – Vertical Jump test	
Test Result	Comparison to normative data	Test Result	Comparison to normative data
Test 1		Test 1	49cm
Test 2		Test 2	52cm
Test 3		Test 3	53cm
Average result	98 th centile, very Overweight	Average result	51cm (average)

Source BMI test results – [BMI calculator | Check your BMI – NHS | Your BMI result \(www.nhs.uk\)](https://www.nhs.uk/health-a-z/bmi-calculator/)

Source Vertical Jump test – [Sargent Jump Test or Vertical Jump Test \(brianmac.co.uk\)](https://www.brianmac.co.uk/sargent-jump-test/)

Date accessed – 16th January 2023.

Client A's BMI is showing in the 98th centile and in the "very overweight" category according to the NHS website shown above. The normative data for individuals who are the same age as him shows that a healthy weight range is between the 2nd and 90th centile. The client's BMI indicates that they are at an increased risk for health issues such as heart disease, high blood pressure, and diabetes. It is important for the client to take steps to improve their health, such as through regular exercise and a better diet. When taking part in his chosen sport of football, an improved BMI may help the individual to perform better in this sport. If he was to lose some weight and improve his BMI, he may be able to increase some of his other components of fitness such as his speed and his cardiovascular endurance, allowing him to cover more ground in a game, in turn, improving his performance.

Assessor comments:

The response begins with an excellent overview of the COF's which the client will be tested on.

The test results are then clearly presented and analysed, demonstrating an excellent analysis of the clients initial results when compared with normative data. Sources are clearly provided for reference.

The analysis also provides clear explanation of how the clients fitness levels will benefit them in their sport (AO3).

Client A's score of 51cm on the vertical jump test is average, when compared to normative data for male adolescents aged 15-16 according to the website shown above. To be above average, they would have to get a score of 56-65cm, which at this point, is a long way off. Additionally, all 2/3 scores that my client got were in the average category, with one of them in the below average category. They are close to being classed as below average; a score of 49cm-40cm would place them in the below average category, meaning that they are at the lower end of average scale. This suggests that the client has similar leg power as the majority of his peers, however this certainly could be improved further.

His score may be due to a lack of training or other factors such as injury or muscle imbalances. Additionally, his score did improve after every jump, so it may be that the client got more used to the fitness test the more that he practiced it. If the client was to improve his power, this would benefit him in his chosen sport of football. Increased power in his legs would allow him to be able to jump higher, potentially winning more headers. Other benefits of increasing his leg power may be a potential increase in speed as well as possibly being able to generate more power when he is kicking the ball. There are lots of ways that his score could be improved, but the most common way may be plyometric training as this trains the muscle fibres to increase their speed and power.

**Assessor
comments:**

An excellent level of application has been demonstrated when applying fitness test results, and the response shows a high level of confidence when administering specific fitness tests. A comparison with national averages has also been given adding to the overall analysis provided.

Benefits of increasing the particular COF have also been given in good detail (AO4).

Record of learner observation

Qualification	NCFE Level 1/2 Technical Award in Health and Fitness (603/7007/5)	Learner name	Learner A
Date and time of observation	10 th February 2023	Assessor name	Teacher 1
Description of the learner's activity. Please include:		Assessment objective met	
<ul style="list-style-type: none"> • people present • what was observed • what the learner did. <p>Learner A independently chose which fitness tests they wanted to administer to test for body composition and power. The learner chose to undertake the BMI test and the vertical jump test.</p> <p>For both tests, the learner independently researched the correct procedure, set the test up in a safe and appropriate manner, conducted the testing procedures and then reviewed results against normative data.</p> <p>The learner displayed high levels of confidence when administering the fitness tests and led this process excellently and very professionally. Confidence was shown in the way in which they set the sets out, were clear in communicating with their clients and were very knowledgeable about how to accurately measure the results. They were accurate throughout, ensuring all tests were administered safely and they were very professional with their client.</p>		Task 1 – AO4	

Assessor signature	Teacher 1	Date	10 th February 2023
Learner signature	Learner A	Date	10 th February 2023

Assessor comments:

The record of learner observation has been clearly presented with all of the correct details, demonstrating that the learner has effectively met all of the assessment objectives required for the task.

Task 2: General assessment of client

Evidence:

- completed client PAR-Q
- completed client lifestyle questionnaire
- completed client food diary
- written analysis and evaluation of client's data.

To complete this task, I have sourced a PAR-Q and lifestyle questionnaire. These can be found on the next few pages. I completed these with my client, scanned them and added them to this report.

I sourced my PAR-Q from [REPs Members PAR questionnaire.pdf \(thehealthylivingcentre.co.uk\)](https://thehealthylivingcentre.co.uk) and my lifestyle questionnaire from [ace-hhg.pdf \(onlinefitnessandwellness.com\)](https://ace-hhg.pdf)

Finally, I asked my client to complete a food diary for a week so we could review the foods that he has been eating and use this to help develop a diet plan to meet his needs.

Assessor comments:

The lifestyle questionnaire shows a clear demonstration and application of administering a detailed lifestyle questionnaire, with full responses with the client. It appears to have been completed with confidence.

The data sources are referenced, and there is clear evidence of a food diary being kept. It appears to have been completed with confidence, covering all meals for each day in detail. (AO2, AO4).

ACE →

Family History

1. Has anyone in your immediate family been diagnosed with the following? N/A.
- Heart disease If yes, what is the relation? _____ Age of diagnosis: _____
 - High cholesterol If yes, what is the relation? _____ Age of diagnosis: _____
 - High blood pressure If yes, what is the relation? _____ Age of diagnosis: _____
 - Cancer If yes, what is the relation? _____ Age of diagnosis: _____
 - Diabetes If yes, what is the relation? _____ Age of diagnosis: _____
 - Osteoporosis If yes, what is the relation? _____ Age of diagnosis: _____

Nutrition

1. What are your dietary goals? To lose some weight.
2. Have you ever followed a modified diet? Yes No
If yes, describe: _____
3. Are you currently following a specialized eating plan (e.g., low-sodium or low-fat)? Yes No
If yes, what type of eating plan? _____
4. Why did you choose this eating plan? N/A.
Was the eating plan prescribed by a physician? Yes No
How long have you been on the eating plan? _____
5. Have you ever met with a registered dietitian or attended diabetes education classes? Yes No
If no, are you interested in doing so? Yes No
6. What do you consider to be the major issues with your nutritional choices or eating plan (e.g., eating late at night, snacking on high-fat foods, skipping meals, or lack of variety)?
Too much snacking. Sometimes I feel hungry all of the time and never full.
7. How many glasses of water do you drink per day? 3 8-ounce glasses
8. What do you drink other than water? List what and how much per day. Tea, pop, squash
9. Do you have any food allergies or intolerance? Yes No
If yes, what? _____
10. Who shops for and prepares your food? Self Spouse Parent Minimal preparation
11. How often do you dine out? 0 times per week
12. Please specify the type of restaurants for each meal: See meal plan.
Breakfast: _____ Lunch: _____
Dinner: _____ Snacks: _____
13. Do you crave any foods? Yes No
If yes, please specify: Sweets, crisps - snack food.

Continued on the next page

ACE →

Substance-related Habits

1. Do you drink alcohol? Yes No
If yes, how often? _____ times per week Average amount? _____
2. Do you drink caffeinated beverages? Yes No
If yes, average number per day: tea x 1 or x 2.
3. Do you use tobacco? Yes No
If yes, how much (cigarettes, cigars, or chewing tobacco per day)? _____

Physical Activity

1. Do you currently participate in any structured physical activity? Yes No
If so, please describe:
_____ minutes of cardiorespiratory activity, _____ times per week
_____ muscular-training sessions per week
_____ flexibility-training sessions per week
70 minutes of sports or recreational activities per week
List sports or activities you participate in: Football
2. Do you engage in any other forms of regular physical activity? Yes No
If yes, describe: I hang out with friends and take part in PE.
3. Have you ever experienced any injuries that may limit your physical activity? Yes No
If yes, describe: _____
4. Do you have any physical-activity restrictions? If so, please list: None
5. What are your honest feelings about exercise/physical activity? I get bored doing the same things. I enjoy football with my mates.
6. What are some of your favorite physical activities? Sports, cycling, jogging.

Continued on the next page

ACE →

Occupational

1. Do you work? Yes No
 If yes, what is your occupation? In a student.
 If you work, what is your work schedule? _____

2. Describe your activity level during the work day: _____

Sleep and Stress

1. How many hours of sleep do you get at night? 9

2. Rate your average stress level from 1 (no stress) to 10 (constant stress) 3

3. What is most stressful to you? School / parents.

4. How is your appetite affected by stress? Increased Not affected Decreased

Weight History

1. What is your present weight? _____ Don't know

2. What would you like to do with your weight? Lose weight Gain weight Maintain weight

3. What was your lowest weight within the past 5 years? don't know

4. What was your highest weight within the past 5 years? 11

5. What do you consider to be your ideal weight (the sustainable weight at which you feel best)? _____ Don't know

6. What are your current waist and hip circumferences? _____ Waist _____ Hip Don't know

7. What is your current body composition? _____ % body fat Don't know

Goals


1. On a scale of 1 to 10, how likely are you to adopt a healthier lifestyle (1 = very unlikely; 10 = very likely)? 7

2. Do you have any specific goals for improving your health? Yes No If yes, please list them in order of importance.
Be more active
lose a bit of weight.

3. Do you have a weight-loss goal? Yes No
 If yes, what is it? _____

4. Why do you want to lose weight?
To be healthier, quicker and to feel better
about myself.

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REPs
 The Register of
 Exercise Professionals

Physical Activity Readiness Questionnaire (PAR Q) Short version

Client Name: Client X. DoB: 6/2/2007
 Address: _____
 Email: _____ Phone: _____

If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you significantly change your physical activity patterns. If you are over 69 years of age and are not used to being very active, check with your doctor. Please read each question carefully and answer honestly by indicating YES or NO.

What are your main reasons for starting a fitness programme?	YES	NO
Has your doctor ever said you have a heart condition and that you should only do physical activity recommended by a doctor?	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Do you feel pain in your chest when you do physical activity?	<input type="checkbox"/>	<input checked="" type="checkbox"/>
In the past month, have you had a chest pain when you were not doing physical activity?	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Do you lose balance because of dizziness or do you ever lose consciousness?	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Do you have a bone or joint problem (for example back, knee or hip) that could be made worse by a change in your physical activity?	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Is your doctor currently prescribing medication for your blood pressure or heart condition?	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Do you know of any other reason why you should not take part in physical activity?	<input type="checkbox"/>	<input checked="" type="checkbox"/>
If YES, please comment:		

If you answered YES to one or more questions:
 You should consult with your doctor to clarify that it is safe for you to become physically active at this current time and in your current state of health.

If you answered NO to one or more questions:
 It is reasonably safe for you to participate in physical activity, gradually building up from your current ability level. A fitness appraisal can help determine your ability levels.

I have read, understood and accurately completed this questionnaire. I confirm that I am voluntarily engaging in an acceptable level of exercise, and my participation involves a risk of injury.

Signature: Client A. Print name: Client A. Date: 22/2/2022

Having answered YES to one of the questions above, I have sought medical advice and my GP has agreed that I may exercise.

Signature: _____ Date: _____

Note: This PAR Q becomes invalid if your condition changes so that you would answer YES to any of the 7 questions.

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Bowl of cheerios with milk	Slice of toast with butter and jam Porridge with golden syrup	Bowl of cheerios with milk	Bowl of cheerios with milk	Slice of toast with butter and jam Porridge with golden syrup	Bacon Sandwich	Pancakes with fruit and golden syrup
Lunch	Cheese and ham panini, crisps and brownie	Pasta pot with tomato sauce and extra cheese Flapjack	Ham sandwich Bag of crisps Apple	Tuna baguette (with salad) Bag of crisps Mars bar	Pizzini – with cheese, ham and pepperoni Portion of chips	Cheese and ham toastie with crisps and frozen frube	Greggs sausage roll Bag of crisps Small bar of galaxy
Dinner	Chicken curry with rice and half a small naan bread	Chicken enchiladas, rice on the side.	Homemade cheeseburgers Potato wedges Baked beans	Pasta bake with pepperoni and garlic bread	Jumbo sausage and chips from the chip shop	Toad in the hole Mash potato Gravy Broccoli	Dominoes pizza – meat feast and garlic dough balls
Snacks	1 x bag of crisps Mars bar Banana Some chocolate biscuits	2 x bags of crisps Bakewell tart Sweets from the shop	Apple Bowl of porridge Frozen frube x 2	Bag of crisps Packet of sweets Frozen frube Bakewell tart	Apple pie and ice cream Bag of crisps Cereal before bed with milk	Popcorn Bag of sweets Crisps	Bowl of porridge Bag of sweets Bakewell tart
Drinks	1 x can of diet coke Orange squash	Fresh orange juice Orange squash Cup of tea with sugar x2	Fresh orange juice Cup of tea with sugar x 2 2 x pints of water	1 x can of coke zero Orange squash Cup of tea with sugar x2	Fresh orange juice Cup of tea with sugar x 2 2 x pints of water	1 x can of iron bru Orange squash Cup of tea with sugar x2	Fresh orange juice Orange squash Cup of tea with sugar x2

Review of the food diary

When reviewing my clients food diary, it has become apparent that his diet isn't that bad for a 16 year old boy, however there are lots of areas where it can be improved. It appears that my client is tending to have meals throughout the day which is good, however at times these contain too many carbohydrates and too much fat. In addition to this, there appears to be quite a bit of snacking on foods that are not too healthy, and this could be one of the reasons why they are in the overweight category of the BMI test. This may be partly due to the food that he is eating isn't filling him up, so it may be a good idea to include lots of wholemeal foods as part of proper meals which may help to fill him up at meal times, and snack less. The other bit of the diet plan that needs further improvement is a greater amount of fruit and vegetables to be included in the diet plan. This would lead to an increase in the volume of vitamins and minerals in his diet which will help with lots of different things.

In order to improve, I feel that my client needs to be more organised in the meal plan, ensuring there is more variety in the foods that they eat, as well as making sure that there are a variety of fruit and vegetables being eaten every day. Another point to consider is the amount of snacking that he does, both crisps and sweet food. This could be one of the reasons why his BMI is showing the overweight category. Calcium does not appear to be an issue, with lots of milk and 'frozen frubes' being eaten. As my client will be participating in exercise more than he is currently, it will be important that he has plenty of protein as part of this diet as this will help with the growth and repair of muscles following this exercise.

Overall, I feel that my client is reasonably healthy, is fit to take part in a health and fitness programme and his diet is not too different to what you may expect a 16 year old male to eat. As part of the health and fitness programme, it is important that we plan the exercise around his likes and dislikes and his current football team. When looking at his diet, it is important that we provide him with a diet plan that includes his likes, but provides him with a balanced input of all of the key food groups, and helps him to reduce his sugar intake and the amount of foods that he snacks on.

Assessor comments:

The reviews are all presented giving an excellent level of analysis and evaluation of the results.

The reasons for the different decisions being made have all been backed up showing an excellent level of judgment making.

As a whole the response demonstrates an excellent level of analysis which is highly detailed and highly relevant. (AO3)

Review of the PAR-Q

When reviewing my clients completed PAR-Q, it appears that there are no reasons why my client cannot participate in a health and fitness programme. As my client responded NO to every question, he has a clean bill of health. However, as with any new programme, it is important that we gradually introduce him to the exercises and work closely with him to improve the intensity of this exercise.

Review of the lifestyle questionnaire

When reviewing the lifestyle questionnaire of my client, it appears that he has a pretty 'normal' lifestyle. He doesn't have any health conditions and he hasn't reported any health conditions from his family. Some of the questions were not relevant to him because of his age and the fact he is still in school. My client is aware that he needs to lose some weight and has identified this in his questionnaire. Additionally, he has identified that his diet could be improved as he snacks too much and sometimes he doesn't feel full after he has eaten his meals.

When looking at the level of physical activity that he takes part in, it appears he doesn't take part in much activity apart from playing football. He outlined that he likes to be active, but doesn't actually do much apart from 'hang out' with his friends and play football once a week. In addition to this, he outlined that he does enjoy taking part in sports, cycling and jogging, as well as taking part in PE at school. This shows that my client has lots of interest in sport, we just need to find ways of developing an appropriate health and fitness plan that my client would enjoy.

My client has identified that they want to get healthier and feel better about themselves, and I feel that this is something we can specifically help with as part of the health and fitness programme and diet plan.

Task 3: Setting of appropriate goals

Evidence:

- written overview of goal setting
- SMART target for each of the identified components of fitness
- written explanation of your decisions.

When working with clients, setting goals can be important in order to achieve success on their health and fitness journey. One way to do this is by using SMART targets.

SMART stands for Specific, Measurable, Attainable, Realistic and Time-bound. These are the five key elements that I think should be included in any goal that you set.

Specific: The goal should be clear and specific. It should answer the questions of what, why and how.

Measurable: The goal should be quantifiable, so you can track progress and measure success.

Attainable: The goal should be realistic and achievable. It should stretch people, but not be impossible to achieve.

Realistic: The goal should be realistic in terms of whether or not it can be achieved, both by the person as well as the time frame that it is set in.

Time-bound: The goal should have a specific time frame for when you want to achieve it.

I think that there are many benefits of using SMART targets. They can:

- help you to stay focused on what you want to achieve
- help you track your progress and measure your success
- help you to stay motivated and on track
- help you to make better use of your time and resources
- help you make better decisions about your health and fitness routine.

When looking at improving their power, again, the most important element to consider is that the target is realistic. Improving their leg power by 5cm over a 3 month period is realistic, and this should hopefully help my client to stay motivated. Much like body composition, progress against this target can be easily measured, my client may want to complete the test each month to check their progress along the way.

Overall, I think that setting SMART targets can be a powerful tool for achieving success in your health and fitness journey. It can help you stay focused, motivated and on track, while also making better use of your time and resources. I believe that using SMART targets can be very beneficial in helping my client to achieve their health and fitness goals.

Assessor comments:

The response demonstrates an excellent understanding of goal setting. The overview given of goal setting is also highly comprehensive. (AO1)

The response also applies an excellent understanding of goal setting knowledge to formulate highly detailed and highly relevant SMART targets for the identified components of fitness. The SMART targets and goals set are all highly relevant and appropriate. (AO2)

Power

S – my client should aim to improve their average score to 56cm or more. This will take them into the above average category.

M – Yes, this can easily be measured by participating in the vertical jump test and recording their scores.

A – Yes, this goal is attainable. With a specific training programme targeting improvement in leg power, this will help lead to an improvement in my clients power.

R – this is realistic as it will help them to improve their performance in their chosen sport.

T – a time period of 3 months is appropriate for my client to achieve this target. This gives enough time for them to take part in the training and improve this specific component of fitness.

I am now going to explain my reasoning for choosing each of the targets above for my client. When looking at improving the body composition of my client, it is essential that a **realistic** target is set. Setting a target to improve their BMI so that it is within a healthy range is really motivational for the client. Secondly, this target is manageable, and can be achieved within a time period of 3 months. Again, this is really important from a motivational perspective, if the time period was too long, or if the target itself was too big, my client may not think they will be able to achieve it in the timeframe and their motivation may begin to disappear.

The target is easily measurable, allowing my client to regularly check their height and weight to monitor their own progress should they wish to do so. This may provide some positive motivation in between times as they will be able to see some positive progress following their training. The only thing to be careful of is that the client does not get obsessed with their weight, which sometimes does happen within health and fitness programmes.

Ultimately, this target should lead to a positive impact on my client, providing them with something to focus their time and attention on, but the target is small enough that should they take part in regular exercise, have a good diet, they should be able to achieve this target. Additionally, the target is a positive target to have as if they achieve it, they will also be a lot healthier than they are at this point in time.

When looking at improving their power, again, the most important element to consider is that the target is realistic. Improving their leg power by 5cm over a 3 month period is realistic, and this should hopefully help my client to stay motivated. Much like body composition, progress against this target can be easily measured, my client may want to complete the test each month to check their progress along the way.

**Assessor
comments:**

The response makes excellent judgements on the fitness and general assessments of their client, to inform their SMART targets, that are excellent, highly detailed, and highly relevant to their client. This is consistent throughout.

Each element of SMART has been excellently appropriated for each COF, with an excellent level of justification for each target provided towards the end of the response. (AO3)

This target was also chosen as if it is achieved, it should lead to a specific improvement within their performance in their chosen sport of football. This also should lead to my client becoming motivated in their training as it is specifically linked to the sport that they play. Sometimes people lose motivation through health and fitness programmes, and often I think this can be because their targets are either too unrealistic, or not linked to things that they specifically care about or want to improve. As this target is both achievable and relevant, I think this will help keep my client motivated.

In conclusion, both targets have been carefully chosen to help my client improve their performance, but also to help them to stay motivated throughout their health and fitness programme. Both targets are easily monitored and measured and I think that they will have a positive impact on my client. Both targets are **medium term** targets – this is because they are 3 months in length. I have chosen these because I do not expect test scores to rapidly improve over night, but components of fitness will take time to improve, and this time period is the most realistic and appropriate timings for my client.

Task 4 (a): Development of a health and fitness training programme

Evidence:

- 4 week fitness training programme
- written overview and explanation of selected training methods.

Shown below is an outline health and fitness programme for my client to follow. This contains a mixture of sessions which are dedicated to improving body composition and power. I have also included football matches which my client plays every Sunday. All warmups should include a range of dynamic stretches linked to the activity that the individual is taking part in for the main body of the training session.

Week 1	
Monday (Body Composition)	<ul style="list-style-type: none"> • Warm up – 5 minutes of jogging (6k/hr, 0 incline) on the treadmill, stretches – calf, hamstring, quad, shoulder, triceps and biceps. • Weight training & body weight training – 3 sets of 10 reps of barbell squats (55kg), 3 sets of 10 reps of leg press (40kg), 3 sets of 10 reps of dumbbell rows (4kg per arm). <p>All weights are indicative as a guide, and should be amended once the client is working in the gym. If too easy, these will be increased. If too difficult, these will be lowered.</p> <ul style="list-style-type: none"> • Continuous training – 25 minutes of steady state cycling on the exercise bike. 90-110 rpm, medium/high resistance. 2 minutes medium resistance, 30 seconds high resistance. Repeat. • Cool down – 5 minutes of stretching 30 seconds on each – calf, hamstring, quad, shoulder, triceps and biceps.

Assessor comments:

The response clearly demonstrates an excellent understanding of training methods, which are appropriate for the identified components of fitness. The overview of appropriate training methods is highly relevant, detailed, and comprehensive. (AO1)

The response also applies an excellent understanding of training methods to formulate a 4 week fitness training programme, that is highly detailed and highly relevant. (AO2)

Wednesday (power)	<ul style="list-style-type: none"> • Warm up – 5 minutes of cycling on the exercise bike, 60-80 rpm, low/medium resistance, stretches - calf, hamstring, quad, shoulder, triceps and biceps. • Weight training & body weight training – 3 sets of 3 reps of barbell squats, 3 sets of 3 reps of leg press, 3 sets of 3 reps of leg extensions. • all weights should be 70% of 1RM. • Plyometric training – 3 sets of 6 reps of box jumps, 3 sets of 6 reps of jumping squats. • Cool down – 5 minutes of stretching 30 seconds on each – calf, hamstring, quad, shoulder, triceps and biceps.
Thursday (Body Composition)	<ul style="list-style-type: none"> • Warm up – 5 minutes of light rowing on the ergo, low resistance, stretches- calf, hamstring, quad, shoulder, triceps and biceps. • Weight training & body weight training – 3 sets of 12 reps of dumbbell press (5kg), 3 sets of 12 reps of pull ups, 3 sets of 12 reps of shoulder press (5kg). • all weights are indicative as a guide, and should be amended once the client is working in the gym. If too easy, these will be increased. If too difficult, these will be lowered. • Continuous training – 25 minutes of steady state running on the treadmill, Incline 2.0 throughout, alternate between 6.5 and 7.5km/h, 2 minutes on each for the duration of the run. • Cool down – 5 minutes of stretching 30 seconds on each – calf, hamstring, quad, shoulder, triceps and biceps.
Sunday	Football Match

Assessor comments:

The response goes on to provide an excellent explanation of the reasons why the selected 4 week fitness training programme is appropriate. The reasons given are comprehensive, highly detailed, and highly relevant to the client (AO3).

Each day within each training week includes an excellent overview of the warm-up, exercises, types of training, and cool down which will take place. This is consistent and accurate throughout.

Week 2	
Tuesday (Power)	<ul style="list-style-type: none"> • Warm up – 5 minutes of cycling on the exercise bike, 60-80 rpm, low/medium resistance, stretches - calf, hamstring, quad, shoulder, triceps and biceps. • Weight training & body weight training – 3 sets of 3 reps of leg press, 3 sets of 3 reps of leg curls, 3 sets of 3 reps of calf raises. • all weights should be 70% of 1RM. • Plyometric training – 3 sets of 6 reps of bounding, 3 sets of 6 reps of single leg hops. • Cool down – 5 minutes of stretching 30 seconds on each – calf, hamstring, quad, shoulder, triceps and biceps.
Wednesday (Power)	<ul style="list-style-type: none"> • Warm up – 5 minutes of jogging (6.5k/hr, 0 incline) on the treadmill, stretches – calf, hamstring, quad, shoulder, triceps and biceps. • Weight training & body weight training – 3 sets of 3 reps of barbell lifts, 3 sets of 3 reps of leg press, 3 sets of 3 reps of leg extensions. • all weights should be 70% of 1RM. • Plyometric training – 3 sets of 6 reps of box jumps, 3 sets of 6 reps of jumping squats • Cool down – 5 minutes of stretching 30 seconds on each – calf, hamstring, quad, shoulder, triceps and biceps.
Friday (Body Composition)	<ul style="list-style-type: none"> • Warm up – 5 minutes of light rowing on the ergo, low resistance, stretches - calf, hamstring, quad, shoulder, triceps and biceps. • Weight training & body weight training – 3 sets of 12 reps of barbell deadlifts (50kg), 3 sets of 12 reps of leg curls (30kg), 3 sets of 12 reps of bicep curls (5kg) • all weights are indicative as a guide, and should be amended once the client is working in the gym. If too easy, these will be increased. If too difficult, these will be lowered. • Continuous training – 25 minutes of steady state cycling on the exercise bike, 100-120rpm, medium/high resistance. 2 minutes medium resistance, 30 seconds high resistance. Repeat. • Cool down – 5 minutes of stretching 30 seconds on each – calf, hamstring, quad, shoulder, triceps and biceps.
Sunday	Football Match

Week 3	
Wednesday (Power)	<ul style="list-style-type: none"> • Warm up – 5 minutes of cycling on the exercise bike, 70-90 rpm, medium resistance, stretches - calf, hamstring, quad, shoulder, triceps and biceps. • Weight training & body weight training – 3 sets of 4 reps of barbell squats, 3 sets of 4 reps of leg press, 3 sets of 4 reps of leg extensions all weights should be 75% of 1RM. • Plyometric training – 3 sets of 8 reps of box jumps, 3 sets of 8 reps of jumping squats. • Cool down – 5 minutes of stretching 30 seconds on each – calf, hamstring, quad, shoulder, triceps and biceps.
Friday (Body composition)	<ul style="list-style-type: none"> • Warm up – 5 minutes of jogging (7k/hr, 0 incline) on the treadmill, stretches – calf, hamstring, quad, shoulder, triceps and biceps. • Circuit 1: push ups (x10), squats (x15), plank (30 seconds) – repeat x 2. • Circuit 2: lunges (x10 per leg), pull ups (x8), Russian twists (x15) – repeat x2. • Circuit 3: box jumps (x10), bicycle crunches (x15), burpees (x8). • Cool down – 5 minutes of stretching 30 seconds on each – calf, hamstring, quad, shoulder, triceps and biceps.
Sunday	Football Match
Week 4	
Tuesday (power)	<ul style="list-style-type: none"> • Warm up – 5 minutes of cycling on the exercise bike, 80-90 rpm, medium resistance, stretches - calf, hamstring, quad, shoulder, triceps and biceps. • Weight training & body weight training – 3 sets of 6 reps of leg press, 3 sets of 6 reps of leg curls, 3 sets of 6 reps of calf raises all weights should be 75% of 1RM. • Plyometric training – 3 sets of 8 reps of bounding, 3 sets of 8 reps of jumping squats • Cool down – 5 minutes of stretching 30 seconds on each – calf, hamstring, quad, shoulder, triceps and biceps.

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Wednesday (Body composition)	<ul style="list-style-type: none"> • Warm up – 5 minutes of cycling on the exercise bike, 80-90 rpm, medium resistance, stretches- calf, hamstring, quad, shoulder, triceps and biceps. • Circuit 1: push ups (x15), squats (x20), plank (40 seconds) – repeat x 2. • Circuit 2: lunges (x15 per leg), pull ups (x12), Russian twists (x20) – repeat x2. • Circuit 3: box jumps (x15), bicycle crunches (x20), burpees (x12). • Cool down – 5 minutes of stretching 30 seconds on each – calf, hamstring, quad, shoulder, triceps and biceps.
Friday (Power)	<ul style="list-style-type: none"> • Warm up – 5 minutes of light rowing on the ergo, low/medium resistance, stretches - calf, hamstring, quad, shoulder, triceps and biceps. • Weight training & body weight training – 3 sets of 6 reps of barbell squats, 3 sets of 6 reps of leg press, 3 sets of 6 reps of leg extensions all weights should be 75% of 1RM. • Plyometric training – 3 sets of 8 reps of box jumps, 3 sets of 8 reps of jumping squats. • Cool down – 5 minutes of stretching 30 seconds on each – calf, hamstring, quad, shoulder, triceps and biceps.
Sunday	Football Match

Shown below is a brief description of each of the training methods I have used in my programme:

Weight training and body weight training - Weight training develops strength and muscular endurance. This type of training involves the use of fixed/free weights as well as using body weight to complete exercises. This means your muscles contract, under tension, leading to growth of these muscles.

Plyometric training – plyometric training is where you do high intensity/explosive movements to build power in your muscles.

Continuous training – continuous training, also commonly known as cardiovascular exercise is an exercise that is continued over a prolonged period of time. Typically this is exercise such as jogging, cycling, swimming or rowing and doesn't usually include a rest period.

Circuit training – circuit training is a form of exercise which usually involves completing a number of different exercises either for a specific time period, or for a number of reps. This usually involves limited equipment and all exercises are completed before a rest is allowed.

I have chosen to include the above training methods in this training programme for a number of reasons, please see below:

- Weight training & body weight training – this will help to improve my clients power because it helps to increase muscle strength, which can lead to an increase in power. Power is the ability to exert force quickly, and stronger muscles will be able to exert force more quickly. As well as this, Weight training & body weight training can help to improve muscle endurance, which means that muscles can last for longer and also help to increase power. Overall, Weight training & body weight training is an effective way to improve power, and it also has a variety of other health and fitness benefits such as reduced body weight, along with helping to increase our metabolism, which in turn helps us to burn more calories. In order to get maximum benefit, it is important that reps and sets are varied to lead to improvement. In the plan above, I wanted my client to work at 70-75% of their 1RM for 4-6 reps as this will then train my clients body to exceed the limits of his strength and continue to challenge him. I started at 4 reps to introduce my client to this training but increased it to 6 reps to challenge my client over time and so that his body was constantly improving.
- Plyometric training – this will help to improve power because it helps to increase muscle size and muscle strength which can lead to an increase in power. When muscles are stronger and bigger they should be able to exert force quickly. Plyometric training is where you repeatedly train the body to perform short bursts of exercise, training the muscle fibres to do the movement and over time, they become more quicker and more explosive at doing this.

**Assessor
comments:**

The response here provides an excellent description and justification of each training method chosen.

Within the section of justification, the learner has clearly identified how that training method will improve the client's ability in that area of fitness.

The learner has also included important information on why the number of reps was chosen for certain training types, as well as justifying the levels of intensity involved.

This is consistent for each.

I started with 6 reps, and increased these to 8 reps to allow my client to master the technique of the reps, but increased these over time to challenge the body and overload the muscles, leading to improvement.

- Weight training & body weight training – this will help to improve body composition because it helps to increase our muscle mass but also decrease our body fat, therefore improving the composition of our body and making it more healthy. This is because Weight training & body weight training causes muscle fibres to break down and then repair, leading to muscle growth (this is also why protein in the diet is important). Additionally, Weight training & body weight training can also increase the number of calories burned when we are resting, as muscle tissue requires more energy to maintain than fat tissue. This can help to create a calorie deficit, which can lead to weight loss.
- Continuous training – this will help to improve body composition because it helps to burn calories at the same time as increasing our cardiovascular fitness. This can potentially lead to weight loss, improved muscle tone and decrease body fat. Additionally, Continuous training can improve cardiovascular health such as lower blood pressure, improved cholesterol levels, and a lower risk of heart disease. In the programme, I have included 25 minutes of treadmill and cycling over a medium intensity. The purpose of this is to challenge my client and try and get their heart rate to be continually in the 60-80% of the max HR range. For my client, this will help to increase their CV fitness, but also improve their body composition as this will help develop a calorie deficit. Finally, for both cycling and jogging, I varied the intensity of training within the session so that my client was continually challenged, and overload was applied.
- Circuit training – circuit training is another training method which can be used to help most components of fitness. In this case, I have included it in the training plan to help improve my clients body composition. Much like the other training methods above, circuit training can help to reduce fat, increase muscle mass and help re-shape our bodies. I also chose to include this as circuit training is easy to do, you can change activities to pretty much anything they want to do and it will help to remove any tedium as it can be short and sharp and keep my client motivated. Over time, I chose to increase the number of reps of each activity in order to continue to challenge my client and challenge their fitness. Activities were a mixture of fixed reps and timings; this was dependent on the activities chosen. I also tried to vary activities in each circuit so they were working different muscle groups each time.

The other key point I had to consider when preparing this health and fitness programme was the frequency of training. I felt that it was important that my client was taking part in exercise 3 or 4 times a week for a number of reasons. For Week 3, I only planned two sessions as my client was taking part in a football match, and I was mindful not to overwork them, especially as he identified that playing football was important to him in his lifestyle questionnaire.

Firstly, this would help my client to take part in more exercise than he was, which will hopefully help him to lose some weight and improve his body composition. Secondly, I feel it is important that he gets in a routine of taking part in exercise regularly, which may boost his productivity and his confidence. Thirdly, I was keen that my client continued to take part in his football matches with his friends. Football is a great way of staying fit and burning some calories, but also it is important that there is variety in a health and fitness programme which help avoid tedium.

When my client was taking part in football matches on Sundays, I tried to ensure that he had a rest day on a Monday. This is important as it will give his whole body time to recover and help him to feel invigorated for his next training session as part of his health and fitness programme. Another part that I had to consider when planning the health and fitness programme was spreading out the different training sessions, and sometimes alternating between power and body composition. This was done for a few reasons, firstly to avoid tedium but also to make sure he didn't overwork different parts of his body which could lead to an injury.

The final bits that I had to consider were the space and time that we had available at school to be able to take part in the health and fitness programme. Lessons are 60 minutes, but with the time it takes to get changed we have 45-50 minutes. This meant that training had to be completed within this time period. Finally, I had to consider what equipment and space we had available in the sports hall and gym that we could use as part of this health and fitness programme. For most of the programme, we don't need any specific equipment, just the basic equipment that we have at school.

**Assessor
comments:**

The response concludes with an excellent overview of why the levels of frequency for each training type was provided, and how this will go into to improve the clients COF's, without putting too much pressure on their bodies, and thus sustaining an injury.

Task 4 (b): Development of a diet plan

Evidence:

- 1 week diet plan
- written explanation of your decisions.

Shown below is a 1 week diet plan which I have developed for my client. When developing this diet plan, I have taken into account his SMART targets as well as some of his likes and dislikes. The plan is to provide him with a more rounded meal plan, to reduce the volume of unhealthy food in his diet and to ensure his meals are balanced and nutritious.

1 Week Diet Plan

Monday:

- breakfast: 2 x large boiled eggs, 2 x slices whole wheat toast, and a glass of orange juice (250ml)
- midday Meal: 1 x Air-fried chicken breast with mixed veggies and 75g brown rice
- evening Meal: Grilled fish with 1 x air fried sweet potato and green beans
- drinks: Water, squash
- snacks: 150g Greek yogurt with 100g mixed berries.

Reasoning: This meal plan is high in protein and healthy fats, which are important for supporting muscle growth and repair. The orange juice provides vitamin C, and the mixed veggies and brown rice provide complex carbohydrates for energy.

Tuesday:

- breakfast: 2 x large Scrambled eggs with 2 x slices whole wheat toast and a glass of milk (250ml)
- midday meal: Turkey and cheese sandwich on 2 x slices whole wheat bread with carrot sticks
- evening meal: homemade pizza on wholemeal tortilla wrap with chicken (100g), 50g light mozzarella and roasted vegetables (peppers, red onion with garlic)
- drinks: water, squash
- snacks: 1 x apple, sliced with peanut butter (20g).

Reasoning: This meal plan is high in protein and calcium, which are important for supporting bone health. The homemade pizza provides some variety but also some food that a 16 year old male is likely to enjoy. Protein is provided from the turkey and chicken.

Assessor comments:

The response applies an excellent understanding of the key nutrients to formulate a 1 week diet plan, that is highly detailed and highly relevant. (AO2)

It then goes on to demonstrate an excellent explanation of the reasons why the selected 1-week diet plan is appropriate. Reasons are comprehensive, highly detailed, and highly relevant to the client. (AO3)

Wednesday:

- breakfast: porridge with blueberries and a glass of milk (250ml)
- midday Meal: tuna salad sandwich on 2 x slices whole wheat bread with cucumber slices
- evening meal: grilled steak with 1 x air fried sweet potato and steamed tender stem broccoli (4 x pieces)
- drinks: water, squash
- snacks: 150g Greek yogurt with 100g mixed berries.

Reasoning: This meal plan is high in protein and healthy fats, which are important for supporting muscle growth and repair. The blueberries provide antioxidants helping build my clients immune system and the cucumber slices provide hydration. The sweet potatoes and steamed broccoli provide complex carbohydrates for energy.

Thursday:

- breakfast: porridge oat pancakes with 1 x banana, 20g maple syrup and a glass of orange juice (200ml)
- midday meal: 1 x grilled chicken breast with 250g quinoa and steamed vegetables (carrots, broccoli and green beans)
- evening meal: baked salmon with 75g brown rice and steamed tender stem broccoli (4 x pieces)
- drinks: water, squash
- snacks: 1 x Apple, sliced with peanut butter (20g).

Reasoning: This meal plan is high in protein and healthy fats, which are important for supporting muscle growth and repair. The orange juice provides vitamin C, the quinoa provides complex carbohydrates, and the steamed vegetables provide a good source of fibre.

**Assessor
comments:**

Each day on the diet plan clearly outlines the meals which will be consumed for that day, which are all accurate and relevant.

Reasoning is then given for the meals in each day with a consistent and high level of justification.

Friday:

- breakfast: 30g special K cereal with 150ml low-fat milk and a banana
- midday meal: turkey sandwich on 2 x slices of whole grain bread with lettuce and tomato, an apple
- evening meal: 1 x air fried chicken breast (with seasoning of choice), 75g brown rice, steamed vegetables (carrots, broccoli and green beans)
- drinks: water and low-fat milk
- snacks: 150g Greek yogurt with 100g mixed berries.

Reasoning: This meal plan is high in protein and healthy fats, which are important for supporting muscle growth and repair. The Turkey and chicken provide protein and the sweet potatoes and steamed asparagus provide complex carbohydrates for energy. Vitamins are provided from the various fruit and vegetables and calcium from the milk and yoghurt.

Saturday:

- breakfast: 2 x slices whole wheat toast with 1 x avocado and scrambled egg (made with 2 x eggs)
- midday meal: Turkey and low-fat cheese (25g) wholewheat wrap (x1) with tomato slices
- evening meal: 2 x Grilled pork chop with 1 x air fried sweet potato and steamed asparagus (x5)
- drinks: water, squash
- snacks: banana with peanut butter (20g).

Reasoning: This meal plan is high in protein and healthy fats, which are important for supporting muscle growth and repair. The avocado provides healthy fats, and the tomato slices provide hydration and vitamin C. The sweet potatoes and steamed asparagus provide complex carbohydrates for energy.

Sunday:

- breakfast: 150g Greek yogurt with berries and 1 x whole wheat English muffin
- midday meal: 1 x turkey wholemeal wrap, with lettuce, cucumber and spring onion
- evening meal: 5 x air fried chicken strips, 1 x air-fried sweet potatoes, and 75g steamed green beans
- drinks: water and low-fat milk
- snacks: banana with peanut butter (20g).

Reasoning: This meal plan is high in protein and healthy fats, which are important for supporting muscle growth and repair. The meat provides protein as part of the diet. Carbs are provided from the sweet potatoes and wrap.

Overall, I have tried to provide a meal plan for my client which will help him to provide his body with the right amount of calories to meet his daily needs, taking into account his exercise plan, in addition to his plan to improve his BMI by losing some weight. I tried to match up the food choices with what I know my client likes, but I have also tried to make my diet plan varied but including the right amounts of each food group. Where possible, I have planned that my client eats bread/wraps and rice that are wholemeal as these will provide a greater amount of fibre, vitamins and minerals for my client. Additionally, these have other health benefits such as reduced cholesterol.

It is important that my client can still have snacks that they like and are actually worthwhile. Whilst all of the snacks are fruit based to give the sugar hit, they are often give with either yoghurt which is full of protein and calcium or with peanut butter. Peanut butter is a good healthy snack as it contains lots of healthy nutrients, protein and fibre, but gives that feeling of a 'sugar hit' for my client. Cooking methods are also important, so I have tried to vary the plan to contain grilled foods as well as the use of an air-fryer. When speaking to my client, he said he likes to eat crispy chicken and using an air-fryer to do this is often a way of cooking crispy chicken in a slightly healthier way. Lots of vegetables have been included to ensure that my client is getting his 5 a day, and where possible, it has been suggested that my client can steam these vegetables as this helps the nutrients to stay inside the vegetables.

**Assessor
comments:**

The response ends with an excellent summary of how the diet plan can improve the client's overall health and wellbeing.

Key recommendations and points of clarification are also given as to how the client can maintain their dietary habits.

Important technical points related to the client's diet are also provided adding an additional excellent level of detail.

Task 5: Completion of fitness training programme

Evidence:

- training log showing evidence of the completed training programme including a review of each training session
- tutor observation record for one 30 minute session demonstration to the client of **2** appropriate training methods (template provided).

Record of learner observation			
Qualification	NCFE Level 1/2 Technical Award in Health and Fitness (603/7007/5)	Learner name	Learner A
Date and time of observation	4 th March 2023	Assessor name	Teacher 1
Description of the learner’s activity. Please include:			Assessment objective met
<ul style="list-style-type: none"> • people present • what was observed • what the learner did. 			
<p>This form is to document an observation of Learner A delivering a fitness session to his client, in which he demonstrated 2 appropriate training methods.</p> <p>The session observed is shown below. Within the session the learner was extremely professional throughout. He met with his client, greeted them warmly and ensure that they were ready to train. Prior to doing so, the learner ensured that all equipment was available and prepared.</p> <p>The learner led his client safely through a warmup, explaining the protocols and monitoring the speed and intensity of exercise. The learner explained stretches to be completed. When moving onto the main activity, the learner explained the purpose of each activity and provided regular demonstrations to complete each activity. Regular feedback was delivered to the client and the rapport between client and trainer was very positive.</p>			<p>Task 5</p> <p>AO4 –Excellent demonstration and application of the main activity section of the programme that is highly relevant and highly accurate.</p> <p>AO4 – Excellent demonstration and application of the training methods to improve or meet a goal that is highly relevant to the client.</p>

Assessor comments:

The response gives an excellent analysis and evaluation of the effectiveness of skills as a trainee fitness instructor when demonstrating the training methods to the client that is comprehensive, highly detailed, and highly relevant.

The response also demonstrates an excellent level of analysis and evaluation of the requirements for reviewing the activity session that is comprehensive, highly detailed, and highly relevant . (AO5)

The learner monitored the client throughout both training methods, ensuring that the intensity of each exercise was appropriate and providing regular feedback.

Choices of activities were highly appropriate and relevant to the client, and these were altered well to meet the needs of the client.

Session was concluded well with an appropriate cool down and positive conversations about future training plans.

This was an excellent session delivered by learner A. It was extremely well organised, and they demonstrated an excellent knowledge and understanding of the different training methods and how to apply these with his client.

Warm up – 5 minutes of light rowing on the ergo, low resistance, stretches – calf, hamstring, quad, shoulder, triceps and biceps.

- Weight training & body weight training – 3 sets of 12 reps of barbell deadlifts (50kg), 3 sets of 12 reps of leg curls (30kg), 3 sets of 12 reps of bicep curls (5kg).
- All weights are indicative as a guide, and should be amended once the client is working in the gym. If too easy, these will be increased. If too difficult, these will be lowered.
- Continuous training – 25 minutes of steady state cycling on the exercise bike, 100-120rpm, medium/high resistance. 2 minutes medium resistance, 30 seconds high resistance. Repeat.
- Cool down – 5 minutes of stretching 30 seconds on each – calf, hamstring, quad, shoulder, triceps and biceps.

Assessor signature	Teacher 1	Date	4 th March 2023
Learner signature	Learner A	Date	4 th March 2023

Training log review

Shown below is my review of the training programme. I have tried to reflect on what I did well when leading this health and fitness programme, and what I can improve further in future.

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	Session completed (Y/N)	What went well?	Points to consider next time.
Week 1			
Monday (Body Composition)	Y	<ul style="list-style-type: none"> • My client liked the warmup. • I was confident 	<ul style="list-style-type: none"> • Some demos were poor of resistance training – client didn't understand
Wednesday (power)	Y	<ul style="list-style-type: none"> • The plyometric training was fun – something new 	<ul style="list-style-type: none"> • I struggled to give alternatives when he struggled with new activities
Thursday (Body Composition)	Y	<ul style="list-style-type: none"> • Warm up was good – something different 	<ul style="list-style-type: none"> • 25 minutes on treadmill a bit too long. Maybe start easier on a lower speed or reduce the incline within it being week 1.
Sunday (football match)	N (match postponed)	•	•
Week 2			
Tuesday (Power)	Y	<ul style="list-style-type: none"> • I was confident today, and well organised. 	<ul style="list-style-type: none"> • Prepare more alternative plyometric exercises
Wednesday (Power)	Y	<ul style="list-style-type: none"> • Warm up – more stretches next time 	<ul style="list-style-type: none"> • Legs were sore from two days in a row.
Friday (Body Composition)	Y	<ul style="list-style-type: none"> • Client enjoyed steady state cycling and the changes in intensity/activity. 	<ul style="list-style-type: none"> • 5 minutes stretching isn't enough. consider how to improve this in future.

Assessor comments:

The review of each element of the training log includes consistently well applied positives, and points to consider for next time.

The review then goes on to provide an excellent justification of the appropriateness of the activities to the client's needs.

The strengths, and areas for improvement are then summarised extremely well at the end of the response.

Overall, the level of detail and explanation in the response merits a top band categorisation.

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Sunday (football match) played for 70 minutes at right back.	Y		
Week 3			
Wednesday (Power)	Y	<ul style="list-style-type: none"> Demonstrations went better. Client understood them more. 	<ul style="list-style-type: none"> More variety needed in resistance training exercises to avoid tedium.
Friday (Body composition)	Y	<ul style="list-style-type: none"> Circuit went well – he enjoyed something new. 	<ul style="list-style-type: none"> second round of each of the circuits was a bit too challenging. Possibly reduce by 25%.
Sunday (football match)	Y		
Week 4			
Tuesday (power)	Y	<ul style="list-style-type: none"> Exercise bike warm up went well after football, less impact. I was more confident. 	<ul style="list-style-type: none"> Legs still sore from football match. Need to consider alternative options.
Wednesday (Body composition)	Y	<ul style="list-style-type: none"> My communication and demonstrations were clear. 	<ul style="list-style-type: none"> Again, second set of each circuit was too intense. Consider only have 1 set of each, or reducing set 2.
Friday (Power)	Y	<ul style="list-style-type: none"> Really good rapport with the client. 	<ul style="list-style-type: none"> Need some new warm up ideas to increase variety. Too boring.
Sunday (football match)	Y		

Appropriateness of the activity to my clients needs

I feel that the activities I planned, prepared and delivered were very appropriate to the needs of my client. Firstly, we had to ensure that activities targeted improvements in body composition and power. All activities planned in task 4a were linked to both components of fitness, and were planned in a way that they would lead to gradual improvements in each of these components. Activities were well varied, there was little repetition and this led to each session being enjoyable because it was different.

As you can see from the training log, my client participated well in pretty much all of the sessions and few changes were needed. As the weeks progressed, my client performed very well in all activities and made good progress as the sessions became more difficult in terms of the number of reps/intensity of the exercises. I need to think further about the second round of each of the circuit training sessions, my client struggled too much with the intensity of these in weeks 3 and 4. I think the positive aspects of the programme were due to the variety of activities provided, in addition to ensuring that the activities that I chose were linked to the likes of my client. I used the information in the PAR-Q and lifestyle questionnaire well to inform the planning of this health and fitness programme. For example, my client identified that he enjoyed jogging and cycling so I included these as part of the programme for warm ups and in some cases, the main activity. I also included football as part of his health and fitness programme as he was doing this anyway, and this is good for both body composition and even power.

Effectiveness of skills as a trainee fitness instructor

When leading my client within his health and fitness programme, I feel that I performed the role of a fitness instructor very well. I have listed below what I feel were my strengths and my areas for improvement when working with my client.

Strengths

- Confidence – I felt very confident throughout the whole process of developing and leading this health and fitness programme. I was confident when leading my client across the different aspects of his training and the feedback received from my client was positive.
- Ability to communicate 1-1 with my client – I felt that I had a very good rapport with my client. This was partly due to my confidence in my ability to plan and lead this health and fitness programme, but I was also able to communicate clearly to my client about the different aspects of the training programme, how to do it and get detailed feedback from my client. I communicated well verbally by providing clear instructions, asking lots of questions and listening to my client throughout the training programme. Some times I made changes to the programme based on their feedback and their likes/dislikes. Within the session, I sometimes altered the intensity of the exercises of the order in which we did activities to meet his needs/interests on that day.

- Well organised – my final strength is that I was well organised throughout the training programme. Both me and my client knew the plan for each training session and I always had the equipment that I planned to use available for each training session. This meant that we didn't lose any time within the sessions and that my sessions flowed well, from one activity to the next.

Areas for improvement

- Level of knowledge needs to further improve – at times, I struggled to provide alternative exercises for my client to complete. Some times they found the exercise I provided for them difficult to complete and I struggled to adapt the exercise to one that was more manageable for them to complete. This happened in the first two weeks of the programme when the exercises were new to my client and they were not as good:
 - To improve this in future, I will make sure that I research alternate exercises for each exercise that I plan, that will allow me to either make the exercise more difficult, or easier depending on the needs of my client.
- Demonstrations could be clearer/more effective – some times my client did not fully understand my demonstrations. When they came to complete the exercise themselves, they made some mistakes with their technique and I had to correct/show them again how to perform the correct technique. This did not lead to an injuries, or cause any major problems, however they need to improve in future:
 - To improve this in future, I need to change the way in which I do demonstrations. Firstly I should demonstrate the exercise in full, clearly explaining the process along the way. Secondly I should ask my client to complete the exercise without any weight/resistance to confirm that they fully understand the correct technique. I should question them appropriately to provide reassurance that they understand the technique and how to properly complete this. Finally, I should monitor them when they are completing the exercise properly/using resistance within their training to ensure they are safe.
 - Another way in which I plan to improve this part of my fitness instructing is to shadow a fitness instructor for 10 hours. I have spoken to my local sports centre and I am undertaking 10 hours of work experience in the easter holidays within the gym. This will allow me to observe different fitness instructors and further improve my knowledge of approaches when working with clients and incorporate these within my future training.

Task 6: Review and evaluation

Evidence:

- written report evaluating the client's results with a comparison to normative data and the effectiveness of the health and fitness training programme.

Shown below are the test results for my client. I have included the results from the testing that took place before the health and fitness programme to make it easy to compare progress over time. Tests were conducted using the same methods and approaches.

Before the health and fitness programme

Body Composition – BMI		Power – Vertical Jump test	
Test Result	Comparison to normative data	Test Result	Comparison to normative data
Test 1		Test 1	49cm
Test 2		Test 2	52cm
Test 3		Test 3	53cm
Average result	98 th centile, very Overweight	Average result	51cm (average)

After the health and fitness programme

Body Composition – BMI		Power – Vertical Jump test	
Test Result	Comparison to normative data	Test Result	Comparison to normative data
Test 1		Test 1	54cm
Test 2		Test 2	53cm
Test 3		Test 3	53cm
Average result	96 th centile, overweight	Average result	53cm (average)

Height – 171cm / Weight – 12st

Source BMI test results – [BMI calculator | Check your BMI - NHS | Your BMI result \(www.nhs.uk\)](https://www.nhs.uk/health/what-is-bmi/pages/understanding-bmi.aspx)

Source Vertical Jump test – [Sargent Jump Test or Vertical Jump Test \(brianmac.co.uk\)](http://www.brianmac.co.uk/sargent-jump-test/)

Assessor comments:

The response gives an excellent demonstration and application when re-administering fitness tests with client. There is clear evidence of high levels of confidence when administering the fitness tests. (AO4)

An excellent analysis and evaluation of the effectiveness of the health and fitness programme that is comprehensive, highly detailed, and highly relevant to the client is also given. (AO5)

As you can see from the test results above, my client is making good progress in relation to his targets and when comparing his fitness test results to when I tested him before he started his health and fitness training programme.

When looking at his body composition, we can see that his overall BMI score has reduced from being in the 98th centile and classed as very overweight, to being in the 96 centile and classed as overweight. Whilst his score is still in the overweight category, it has improved and is a lot closer to the score needed to be classed as a healthy weight which would be in the 90th centile and below. When looking at his height and weight, his height has stayed the same (as expected), however he has lost 8lb in weight. It is highly likely that this is because he has been eating more healthily, but also because he has been taking part in exercise at least 3/4 times a week in comparison to before the health and fitness programme when he was taking part in exercise twice a week.

I think that the activities in his health and fitness programme have helped my client to reduce his weight, a lot of the activities have been medium/high intensity which will have helped him to burn off some of his fat stores, leading to a reduction in his weight. This will hopefully help my client to be motivated and see a lot of progress over the last 4 weeks and give him the motivation he needs to continue to work hard, eat the right things and achieve his target. This should be reviewed again in another 4 weeks and if he is making the same level of progress, we should maybe look to revisit his target and either change the time frame on it, or look at changing his target in order to maintain his motivation.

When looking at my clients results on the vertical jump test, again, we can see he is making good progress. When we compare his results to before he started his health and fitness programme, we can see that his highest score has improved, by 1cm, and he is becoming more consistent in the 53/54cm range. This may also be in part that my client is more used to the testing procedure and his results are more consistent. Whilst this does not look like huge progress is being made, the results show that my client is improving his power and if he continues to train this component of fitness, I feel that he is very likely to achieve his target by the 3 month deadline.

**Assessor
comments:**

The learner backs up all of their conclusions with clear evidence from the client's fitness test results.

This is done consistently for each element of the client's fitness, with justification given for each point.

Future recommendations are then provided as to how the client can continue to maintain their fitness levels in these areas.

If my client continues to improve his body composition, this may also help my client to improve his power as his body will be a little bit lighter and this may help him to increase the height that he can jump within this test. I should possibly look to increase the variety and/or intensity of the power exercises in his health and fitness programme. We should do this to keep my client motivated, but also to continue to improve the power in his legs to help him to achieve his target.

To conclude, I think that my client is making very good progress in relation to his SMART targets and the health and fitness programme is having a very positive impact on this. The test results show that my client is making very good progress in both components of training, with particular improvements in his body composition. The training programme and diet plan should continue to be refreshed to make sure that my client doesn't get bored, but also to help make sure he continues to make improvements as he progresses over time. In the health and fitness programme, FITT principles should continue to be applied to ensure that my client is continually challenged to improve and his fitness levels do not plateau.