



Non-Examined Assessment

Band 2 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 2/third 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 2 chosen components of fitness; body composition and power. 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	27.2 - 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. My client needs to improve his health and lose some weight.

Client A's score of 51cm on the vertical jump test average for male adolescents aged 15–16 according to the website shown above. This suggests that the client is doing ok, but his power could be better. His score may be due to a lack of training.

Assessor comments:

A reasonable overview of the client and their situation has been given at the start, although lacking detail.

Again, a reasonable attempt at analysing and evaluating the client's test results against normative data is provided, although lacking adequate detail. (AO3, AO4)

References are given as to the sources used for the fitness tests, as required for the task. Overall, this can only be awarded a Band 2 level grade due to the lack of detail and analysis.

Record of learner observation

Qualification	NCFE Level 1/2 Technical Award in Health and Fitness (603/7007/5)	Learner name	Learner B
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 B chose which fitness tests they wanted to administer to test for body composition and power following some advice. The learner chose to undertake the BMI test and the vertical jump test.</p> <p>For both tests, the learner followed the correct procedure, set the test up in a safe and appropriate manner, conducted the testing procedures and then reviewed results against normative data. Tutor support was provided throughout to keep the learner on track and to help interpret the results.</p> <p>The learner displayed a lack of confidence when administering the fitness tests and often needed reassurance and guidance from the tutor to administer the tests. Support was required to analyse the results properly and accurately.</p>		Task 1 – AO4	

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

Assessor comments:

An accurate record of learner observation has been completed, recording important details about the learner's performance.

The record of learner observation shows that the learner followed the correct procedures whilst administering the tests, although they showed a lack of confidence throughout.

It also highlights that the learner required support in order to analyse the results accurately, hence only Band 2 marks being awarded.

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://www.thehealthylivingcentre.co.uk/REPs_Members_PAR_questionnaire.pdf) and my lifestyle questionnaire from [ace-hhq.pdf \(onlinefitnessandwellness.com\)](https://www.onlinefitnessandwellness.com/ace-hhq.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.

ACE

SAMPLE LIFESTYLE AND HEALTH-HISTORY QUESTIONNAIRE

Name: Client A Date: 27/2/2022 Date of birth: 4/2/2007

Medical Information

1. How would you describe your present state of health?
 Very well Healthy Unhealthy Unwell Other: _____

2. List current medications, how often you take them, and dosages (include prescriptions and over-the-counter medications).

3. Do you take all of your medications as they have been prescribed by your healthcare provider? Yes No
 If not, please share why (e.g., cost, side effects, or feeling as though they are unnecessary). N/A

4. Do you take any vitamin, mineral, or herbal supplements? Yes No
 If yes, list type and amount per day: _____

5. When was the last time you visited your physician? Summer 2022

6. Have you ever had your cholesterol checked? Yes No
 Date of test: _____ What were the results? _____
 Total cholesterol: _____ High-density lipoprotein (HDL): _____ Low-density lipoprotein (LDL): _____ Triglycerides: _____

7. Have you ever had your blood sugar checked? Yes No
 What were the results? _____

8. Please check any that apply to you and list any important information about your condition: N/A

<input type="checkbox"/> Allergies (Specify: _____)	<input type="checkbox"/> Gastroesophageal reflux disease (GERD)	<input type="checkbox"/> Pregnant
<input type="checkbox"/> Amenorrhea	<input type="checkbox"/> High blood pressure	<input type="checkbox"/> Skin problems
<input type="checkbox"/> Anemia	<input type="checkbox"/> Hypoglycemia	<input type="checkbox"/> Ulcer
<input type="checkbox"/> Anxiety	<input type="checkbox"/> Hypo/hyperthyroidism	<input type="checkbox"/> Major surgeries: _____
<input type="checkbox"/> Arthritis	<input type="checkbox"/> Insomnia	_____
<input type="checkbox"/> Asthma	<input type="checkbox"/> Intestinal problems	<input type="checkbox"/> Past injuries: _____
<input type="checkbox"/> Celiac disease	<input type="checkbox"/> Irritability	_____
<input type="checkbox"/> Chronic sinus condition	<input type="checkbox"/> Irritable bowel syndrome (IBS)	<input type="checkbox"/> Describe any other health conditions that you have: _____
<input type="checkbox"/> Constipation	<input type="checkbox"/> Menopausal symptoms	_____
<input type="checkbox"/> Crohn's disease	<input type="checkbox"/> Osteoporosis	_____
<input type="checkbox"/> Depression	<input type="checkbox"/> Premenstrual syndrome (PMS)	_____
<input type="checkbox"/> Diabetes	<input type="checkbox"/> Polycystic ovary syndrome (PCOS)	_____
<input type="checkbox"/> Diarrhea		_____
<input type="checkbox"/> Disordered eating		_____

Assessor comments:

The response applies a reasonable understanding of fitness analysis tools to formulate a general assessment of the client, that has some detail and some relevance. (AO2)

It also makes judgements on the results of the fitness analysis tools, that are reasonable and have some detail and some relevance to the client. (AO3)

The lack of detail and explanation means that this response can only be awarded Band 2 marks.

ACE →

Family History

1. Has anyone in your immediate family been diagnosed with the following? N/A.

<input type="checkbox"/> Heart disease	If yes, what is the relation? _____	Age of diagnosis: _____
<input type="checkbox"/> High cholesterol	If yes, what is the relation? _____	Age of diagnosis: _____
<input type="checkbox"/> High blood pressure	If yes, what is the relation? _____	Age of diagnosis: _____
<input type="checkbox"/> Cancer	If yes, what is the relation? _____	Age of diagnosis: _____
<input type="checkbox"/> Diabetes	If yes, what is the relation? _____	Age of diagnosis: _____
<input type="checkbox"/> 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 dietician 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 kick 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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Physical Activity Readiness Questionnaire (PAR Q) Short version **REPs**
 The Register of Exercise Professionals

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: 27/6/2022

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.

	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 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 can take part.

Review of the lifestyle questionnaire

When reviewing the lifestyle questionnaire of my client, it appears that he is doing ok. He doesn't have any health conditions and he hasn't reported any health conditions from his family. He needs to improve some parts of his lifestyle and be healthier.

He doesn't take part in much activity apart from playing football. He sometimes hangs out with his friends but that's about it.

Review of the food diary

The food diary is ok, but not great. He eats meals quite often, but some of the food choices are a bit unhealthy. He does quite a bit of snacking which isn't good.

He needs to eat better meals and include more fruit and vegetables. He should eat more proper food like chicken, potatoes and rice.

Overall, I think my client is doing ok, but this could be better. He is ok to take part in exercise, but I need to make sure the activities I choose for him are suitable, and will help him improve. To improve his diet, he needs to eat better meals, more often, and eat less rubbish.

Assessor comments:

There is a reasonable level of demonstration and application when administering fitness analysis tools which their client demonstrated here.

A lack of confidence is evident however, when administering fitness analysis tools, thus only Band 2 marks can be awarded. (AO4)

The analysis and evaluation of the client's data is clearly lacking in detail, and whilst there is some evidence of an attempt at reviewing the data the response, as a whole, is incredibly vague.

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 are good to help motivate clients. One way to do this is by using SMART targets.

SMART stands for Specific, Measurable, Achievable, Relevant, 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.

Measurable: You need to be able to measure the goal.

Achievable: The goal should be realistic and achievable.

Relevant: The goal should be relevant to what you want to improve.

Time-bound: The goal should have a time limit.

Goals help people to stay on track and be more motivated. Some times, if goals are not realistic people will become demotivated.

Overall, I think that setting SMART targets can be good when used properly. It can help you stay focused, motivated and on track. I believe that using SMART targets can be very beneficial in helping my client to achieve their health and fitness goals. You can set short, medium and long term targets.

Shown below are some SMART targets that I have set for my client for the two chosen components of fitness; body composition and power.

Body Composition

S – my client should aim to reduce their BMI to a score of 25 or lower

M – Yes, by weighing them again.

A – Yes, this goal is achievable.

R – This will help them to be fitter.

T – a time period of 2 months for this target.

Assessor comments:

The response demonstrates a reasonable understanding of goal setting. The overview of goal setting is written with some detail. (AO1)

It also applies a reasonable understanding of goal setting knowledge to formulate SMART targets for the identified components of fitness with some detail. (AO2)

Power

S – my client should aim to improve their average score to 58cm or more.

M – Yes, by doing the test again.

A – Yes, this goal is achievable.

R – This will help them jump higher.

T – a time period of 2 months for this target.

Both of these targets will help my client to improve his fitness. If he follows the health and fitness programme and diet plan he will be healthier. He will lose weight and will have more power in his legs.

Both of these targets are realistic for him to achieve as they aren't far from where he is now.

**Assessor
comments:**

The learner makes judgements on the fitness and general assessments of their client, to inform their SMART targets, that are reasonable, have some detail and have some relevance to their client. (AO3)

Overall, the response lacks explanation and detail, and can only fit into the Band 2 category for this reason.

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 a health and fitness programme for my client to follow. This contains lots of different sessions for him to work on. I have also included football matches which my client plays every Sunday. All warm ups should to include lots of different stretches.

Week 1	
Monday (Body Composition)	<ul style="list-style-type: none"> • warm up – 5 minutes of jogging on the treadmill, stretching • resistance training – 3 sets of barbell squats, 3 sets of leg press, 3 sets of dumbbell rows • CV training – 25 minutes of cycling on the exercise bike • cool down – 5 minutes of stretching.
Wednesday (power)	<ul style="list-style-type: none"> • warm up – 5 minutes of cycling on the exercise bike, stretching • resistance training – 3 sets of barbell squats, 3 sets of leg press, 3 sets of leg extensions • plyometric training – 3 sets of box jumps, 3 sets of jumping squats • cool down – 5 minutes of stretching.
Thursday (Body Composition)	<ul style="list-style-type: none"> • warm up – 5 minutes of light rowing on the ergo, stretching • resistance training – 3 sets of dumbbell press, 3 sets of pull ups, 3 sets of shoulder press • CV training – 25 minutes of running on the treadmill • cool down – 5 minutes of stretching.
Sunday	Football Match

Assessor comments:

The response demonstrates a reasonable understanding of training methods, appropriate for the identified components of fitness. The overview of appropriate training methods has some detail. (AO1)

It goes on to apply a reasonable understanding of training methods to formulate a 4 week fitness training programme, that has some detail and some relevance. (AO2)

Week 2	
Tuesday (Power)	<ul style="list-style-type: none"> • warm up – 5 minutes of cycling on the exercise bike, stretching • resistance training – 3 sets of leg press, 3 sets of leg curls, 3 sets of calf raises • plyometric training – 3 sets of bounding, 3 sets of single leg hops • cool down – 5 minutes of stretching.
Wednesday (Power)	<ul style="list-style-type: none"> • warm up – 5 minutes of jogging on the treadmill, stretching • resistance training – 3 sets of barbell lifts, 3 sets of leg press, 3 sets of leg extensions • plyometric training – 3 sets of box jumps, 3 sets of jumping squats • cool down – 5 minutes of stretching.
Friday (Body Composition)	<ul style="list-style-type: none"> • warm up – 5 minutes of light rowing on the ergo, stretching • resistance training – 3 sets of barbell deadlifts, 3 sets of leg curls, 3 sets of bicep curls • CV training – 25 minutes of cycling on the exercise bike • cool down – 5 minutes of stretching.
Sunday	Football Match
Week 3	
Wednesday (Power)	<ul style="list-style-type: none"> • warm up – 5 minutes of cycling on the stationary bike, stretching • resistance training – 3 sets of barbell squats, 3 sets of leg press, 3 sets of leg extensions • plyometric training – 3 sets of box jumps, 3 sets of jumping squats • cool down – 5 minutes of stretching.
Friday (Body composition)	<ul style="list-style-type: none"> • warm up – 5 minutes of light jogging on the treadmill, stretching • circuit 1: push ups, squats, plank – repeat x 2 • circuit 2: lunges , pull ups, Russian twists – repeat x2 • circuit 3: box jumps, bicycle crunches, burpees • cool down – 5 minutes of stretching.
Sunday	Football Match

Week 4	
Tuesday (power)	<ul style="list-style-type: none"> • warm up – 5 minutes of cycling on the exercise bike, stretching • resistance training – 3 sets of leg press, 3 sets of leg curls, 3 sets of calf raises • plyometric training – 3 sets of bounding, 3 sets of jumping squats • cool down – 5 minutes of stretching.
Wednesday (Body composition)	<ul style="list-style-type: none"> • warm up – 5 minutes of light cycling on the stationary bike on the treadmill, stretching • circuit 1: push ups, squats, plank – repeat x 2 • circuit 2: lunges, pull ups, Russian twists – repeat x2 • circuit 3: box jumps, bicycle crunches, burpees • cool down – 5 minutes of stretching.
Friday (Power)	<ul style="list-style-type: none"> • warm up – 5 minutes of light rowing on the ergo, stretching • resistance training – 3 sets of barbell squats, 3 sets of leg press, 3 sets of leg extensions • plyometric training – 3 sets of box jumps, 3 sets of jumping squats • cool down – 5 minutes of stretching.
Sunday	Football Match

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

- Resistance training – this will increase the power of my client as the muscles are working against a resistance. It will also help improve body composition because it will help my client to lose weight, but also to tone up.
- Plyometric training – this will help to improve power in my clients legs as they will improve the strength in their legs. They are also practicing lots of jumping exercises which will train these muscles to get better at this.
- Cardiovascular training – this will help to improve body composition because it helps to burn calories and lose weight.
- Circuit training – circuit training is another training method which can be used to help most components of fitness. You pick a range of exercises and the exercises you choose improve different parts of fitness. The activities I have chosen will improve power and body composition because my client will be working hard.

The other key point I had to consider when preparing this health and fitness programme how often they train. Taking part in training 3 – 4 times a week is important as this helps them burn enough calories over the week that they will lose some weight. They will also get more used to exercising which is good for them. Rest days are also important so I have included these in my programme. So that they do not get injured.

I also chose timings and activities that fit in with the timings we have available at school. We also only have so much equipment so I tried to plan for this.

Assessor comments:

There is a reasonable explanation of the reasons why the selected 4 week fitness training programme is appropriate. Reasons have some detail and some relevance to the client. (AO3)

All elements of a training session are present for each day, with correct exercises which will be beneficial to the client. Overall, however the justification lacks detail and is incredibly vague, hence playing this response within the Band 2 category.

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. I have planned this around what he likes and doesn't like, but also to try and help him lose some weight.

1 Week Diet Plan

Monday:

- breakfast: Boiled eggs, toast, and orange juice
- midday meal: Chicken breast with mixed veggies and rice
- evening Meal: Fish with sweet potatoes and green beans
- drinks: Water, squash
- snacks: Greek yogurt with berries.

Tuesday:

- breakfast: Scrambled eggs with toast and a glass of milk
- midday Meal: Turkey and cheese sandwich with carrot sticks
- evening Meal: homemade pizza on tortilla wrap with chicken and veg
- drinks: Water, squash
- snacks: Apple slices with peanut butter.

Wednesday:

- breakfast: porridge with blueberries and a glass of milk
- midday Meal: Tuna salad sandwich on bread with cucumber slices
- evening Meal: Steak with sweet potatoes and broccoli
- drinks: Water, squash
- snacks: Greek yogurt with berries.

Thursday:

- breakfast: pancakes with bananas and maple syrup and a glass of orange juice

Assessor comments:

The response applies a reasonable understanding of key nutrients to formulate a 1 week diet plan, that has some detail and some relevance. (AO2)

It also includes a reasonable explanation of their reasons why the 1 week diet plan is appropriate. The reasons have some detail, and some relevance to the client. (AO3)

- midday Meal: Chicken breast with rice and steamed vegetables
- evening Meal: Salmon with rice and broccoli
- drinks: Water, squash
- snacks: Apple slices with peanut butter.

Friday:

- breakfast: special K cereal with milk and a banana
- midday meal: turkey sandwich with lettuce and tomato, an apple
- evening meal: Chicken breast (with seasoning of choice) rice, vegetables
- drinks: water and low-fat milk
- snacks: Greek yogurt with berries.

Saturday:

- breakfast: Toast with avocado and scrambled egg
- midday Meal: Turkey and cheese wrap with tomato
- evening Meal: Homemade burger and chips
- drinks: Water, squash
- snacks: Banana with peanut butter.

Sunday:

- breakfast: Full English with healthy meat.
- midday meal: turkey wrap, with lettuce, cucumber and spring onion
- evening meal: Chicken strips, sweet potatoes, and green beans
- drinks: water and milk
- snacks: Banana with peanut butter.

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 so he can exercise, but also lose weight. I picked foods that he likes, but also foods that are good for him. I included lots of protein, fruit and carbs which are good for him. My clients likes to snack, so I tried to give him some healthier ones. I also tried to include some cheat foods but a healthier version like a homemade burger and a healthy meat full English breakfast.

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 B
Date and time of observation	4 th March 2023	Assessor name	Teacher 1

<p>Description of the learner’s activity. Please include:</p> <ul style="list-style-type: none"> • people present • what was observed • what the learner did. 	<p>Assessment objective met</p>
<p>This form is to document an observation of Learner B delivering a fitness session to his client, in which he demonstrated two appropriate training methods.</p> <p>The session observed is shown below. Within the session the learner was relatively professional throughout. He was really nervous beforehand and needed guidance when setting up the session.</p> <p>The learner led his client safely through a warm up, often referring to his plan and gave some good instructions some of the time. He was a bit nervous and required support/reminders on some occasions.</p> <p>When moving onto the main activity, the learner identified the purpose of each activity and provided some reasonable demonstrations. Some feedback was delivered to the client and this was useful at times.</p>	<p>Task 5</p> <p>AO4 – Reasonable demonstration and application of the main activity section of the programme that has some relevance and some accuracy.</p> <p>AO4 – Reasonable demonstration and application of the training methods to improve or meet a goal that has some relevance to the client's needs.</p>

Assessor comments:

There is a reasonable analysis and evaluation of the effectiveness of skills as a trainee fitness instructor when demonstrating the training methods to the client that is mostly detailed, and mostly relevant. (AO5)

There is also a reasonable analysis and evaluation of the requirements for reviewing the activity session that has some detail, and some relevance. (AO5)

The record of learner observation highlights the above.

<p>Choices of activities were suitable and relevant to the client, but the plan was rigid and not altered to the needs of the client when they struggled.</p> <p>A cool down was led and the session then came to an end</p> <p>This was a reasonable session delivered by learner B. It was organised reasonably well, with tutor support offered at times. They demonstrated a reasonable knowledge and understanding of the different training methods and how to apply these with his client.</p>									
<ul style="list-style-type: none"> • warm up – 5 minutes of rowing on the ergo, stretching • resistance training – 3 sets of barbell deadlifts, 3 sets of leg curls, 3 sets of bicep curls • CV training – 25 minutes of cycling on the exercise bike • cool down – 5 minutes of stretching. 									
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 20%;">Assessor signature</td> <td style="width: 30%;">Teacher 1</td> <td style="width: 20%;">Date</td> <td style="width: 30%;">4th March 2023</td> </tr> <tr> <td>Learner signature</td> <td>Learner B</td> <td>Date</td> <td>4th March 2023</td> </tr> </table>	Assessor signature	Teacher 1	Date	4 th March 2023	Learner signature	Learner B	Date	4 th March 2023	
Assessor signature	Teacher 1	Date	4 th March 2023						
Learner signature	Learner B	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, and what I can improve further in future.

	Session completed (Y/N)	What went well?	Points to consider next time.
Week 1			
Monday (Body Composition)	Y	<ul style="list-style-type: none"> Went well 	<ul style="list-style-type: none"> Make it harder
Wednesday (power)	Y	<ul style="list-style-type: none"> It was fun 	<ul style="list-style-type: none"> Better demonstrations
Thursday (Body Composition)	Y	<ul style="list-style-type: none"> Session tired him out 	<ul style="list-style-type: none"> Check timings
Sunday (football match)	N (match postponed)	<ul style="list-style-type: none"> 	<ul style="list-style-type: none">
Week 2			
Tuesday (Power)	Y	<ul style="list-style-type: none"> He completed all exercises 	<ul style="list-style-type: none"> Make it harder
Wednesday (Power)	Y	<ul style="list-style-type: none"> Bit boring 	<ul style="list-style-type: none"> Change it up
Friday (Body Composition)	Y	<ul style="list-style-type: none"> Too easy 	<ul style="list-style-type: none"> Need more activities
Sunday (football match)	Y		
Week 3			
Wednesday (Power)	Y	<ul style="list-style-type: none"> Demonstrations rubbish 	<ul style="list-style-type: none"> Give clearer demos
Friday (Body composition)	Y	<ul style="list-style-type: none"> I ran out of ideas 	<ul style="list-style-type: none"> Be more organised
Sunday (football match)	Y		
Week 4			
Tuesday (power)	Y	<ul style="list-style-type: none"> Warm up was fun 	<ul style="list-style-type: none"> Legs still sore from football match
Wednesday (Body composition)	Y	<ul style="list-style-type: none"> Session was hard 	<ul style="list-style-type: none"> Make it easier?
Friday (Power)	Y	<ul style="list-style-type: none"> We both had fun 	<ul style="list-style-type: none"> Need some new warm up ideas.
Sunday (football match)	Y		

Appropriateness of the activity to my clients needs

I feel that the activities I planned and delivered were good and my client enjoyed them. The activities targeted improvements in body composition and power and I think that they did this. Lots of different activities were delivered and this helped to vary the programme for my client.

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 well. I have listed below what I feel were my strengths and my areas for improvement when working with my client.

Strengths

- Ability to communicate 1-1 with my client – I communicated well my client, telling them what to do, when to do it and how to do it. This helped them to complete all of the exercises. We also got on and had lots of banter which I think is good as it will help them to enjoy the programme.
- Organised – I think my session was well organised as it was planned and organised well. This helped me to know what was happening each session and so did my client. This meant the sessions all went well.
- Confidence – I was a bit nervous at times, but for this being my first health and fitness programme I thought that it went well. I was confident speaking to my client and leading them in their sessions.

Areas for improvement

- Knowledge – I planned lots of good sessions, but I think I need to know more in future to help me plan better sessions. This will help the sessions be more varied and keep my client entertained.
 - To improve this – I will go to the gym lots and learn lots of different exercises.
- Demonstrations could be better – some times I was unsure how to explain activities / give full demonstrations. I tried my best but I had to show my client how to do some of the exercises a couple of times:
 - To improve this – I could watch lots of fitness videos on YouTube to improve my knowledge. I can learn about different exercises and this will make me better.

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	27.2 - 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	26 – Overweight	Average result	53cm (average)

Height – 171cm / Weight – 12st

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

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

As you can see from the test results above, my client is improving on both his body composition and power.

Assessor comments:

The response gives a reasonable demonstration and application when re-administering fitness tests with client. There is evidently a lack of confidence when administering fitness tests, however. (AO4)

A reasonable analysis and evaluation of the effectiveness of the health and fitness programme that has some detail and has some relevance to the client is also evident. (AO5)

When looking at his body composition, we can see that his overall BMI score has reduced from 27.2 to 26. When looking at his height and weight, his height has stayed the same (as expected), however he has lost 8lb in weight. This means the programme has worked really well. When looking at my clients results on the vertical jump test, he is making good progress. His average score has improved as well as his highest score. The health and fitness programme and the diet are having a to positive impact on my client. He has lost weight and improved his power. He needs to continue to work hard and eat right to improve further and meet the SMART targets that were set for him.