



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

Examined Assessment

Paper number: **Sample Assessment**

Date: **Sample 2021** 9.30am – 11.00 am

Time allowed: 1 hour 30 minutes

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

Learner instructions

- Use black or blue ink.
- Answer **all** questions.
- Read each question carefully.
- You **must** write your responses in the spaces provided.
- You may do rough work in this answer book. Cross through any work you do not wish to be marked.
- All of the work you submit **must** be your own.

Learner information

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

Please complete the details below clearly and in BLOCK CAPITALS.

Learner name _____

Centre name _____

Learner number

Centre number

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

Section A

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

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

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

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

[1 mark]

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

Answer _____

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

[1 mark]

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

Answer _____

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

[1 mark]

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

Answer _____

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

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

1

2

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

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

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

[3 marks]

- 8 Harry is a 40-year-old male.

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

[2 marks]

- 9** Discuss the aerobic and anaerobic energy system requirements when an individual is taking part in circuit training. **[4 marks]**

Please turn over for the next question

10

Justify why good posture is of benefit to an individual participating in health and fitness activities.

[4 marks]

[illegible]

DO NOT WRITE IN THIS SPACE

Section B

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

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

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

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

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

Answer _____

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

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

Answer _____

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

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

Answer _____

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

Jack is 39 years old and scored 8/10.

Charlie is 27 years old and scored 7/10.

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

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

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

[2 marks]

Jack _____

Charlie _____

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

1 _____

2 _____

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

1 _____

2 _____

Please turn over for the next question

17

The Illinois agility test measures agility.

Discuss the suitability of this test for a 100 m sprinter.

[3 marks]

18

Define speed and reaction time.

Give **one** example of when you would use each in a health and fitness or sporting activity.

[4 marks]

Speed

Example

Reaction time

Example

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

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

[4 marks]

1

2

Please turn over for the next section

Section C

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

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

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

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

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

Answer _____

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

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

Answer _____

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

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

Answer _____

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

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

[2 marks]

Phase

Practical example

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

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

[2 marks]

Phase

Practical example

25

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

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

[2 marks]

DO NOT WRITE IN THIS SPACE

She has been asked to plan a health and fitness programme for a new client who wishes to increase her muscular strength.

[4 marks]

Sample

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

[3 marks]

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

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

[4 marks]

1

2

Section D

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

We recommend that you spend 20 minutes on this section.

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

28

Identify the components of **health-related fitness** that are important for performers in a 10-kilometre run

Justify your choices.

[9 marks]

DO NOT WRITE IN THIS SPACE

Please turn over for the next question

29

Explain the importance of rest and recovery after an individual has participated in a weight training session.

[9 marks]

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This is the end of the examined assessment.

Sample

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