

Unit 1 Extended response questions worksheet 1 - Exercise 2

NCFE Level 1/2 Technical Award in Health and Fitness: Unit 1
Question 1
Discuss whether an individual who is described as fit, can also be described as healthy. [6 marks]
Band 3 learner response
<p><i>Fitness can be defined as the condition of being physically fit and being able to meet the demands of the environment. Health can be defined the condition of the body and the degree to which it is free from illness but also as a complete state of physical, mental and social wellbeing and not just merely the absence of disease or infirmity. It would be wrong to assume someone who is described as fit, will always be described as healthy, because you can be fit, but not physically healthy. For example a person could have a cold but still be able to compete a full football match. You can be fit, but have poor mental health, for example a person may suffer from depression but goes to the gym regularly. You can be healthy, but not fit, for example a person could be free from illness, but only manage to play half a netball match because they are tired and not able to play effectively. You can be fit and healthy, for example a person could be free from illness and achieve a better than average time within a marathon.</i></p> <p><i>Health and Fitness are often closely linked. You can't be healthy without being fit enough to meet the demands of your environment. However, it is possible to be fit but not healthy, for example, you can physically manage your everyday tasks (so you are fit) but may suffer from regular bouts of illness due to poor health. It's important to remember, health is complete physical, social and mental wellbeing. Therefore to conclude, someone who is described as fit, can also be described as healthy if they are free from disease or infirmity and have no issues with their state of mental and social well-being. However, they could not be described as healthy if they have any disease, ill health of issues with their mental or social well-being.</i></p>
Mark scheme commentary for band 3 allocation
<p>The learner has demonstrated a wide range of relevant knowledge and understanding to provide clear descriptions of both health, and fitness, the relationship between the two and a number of examples to support their rationale. The application of knowledge and understanding is appropriate with clear relevance to the context of the question and examples used. The language and information used is accurate and detailed throughout. Subject specific terminology is evident and consistency used throughout the descriptions for both health and fitness and the relationship between the two.</p> <p>Analysis and evaluation is present and very effective to consider the relationship between health and fitness which has fully supported the conclusions made through judgements of both health and fitness and relationship between the two.</p>

Band 2 learner response

Fitness can be defined as the condition of being fit and being able to meet all demands. Health can be defined as the complete state of fitness, mental and social wellbeing and not just merely the absence of illness or mental awareness. You can be fit, but not physically healthy, for example a person could have a cold but still take part in a football match. You can be healthy, but not fit, for example a person could be free from illness, but only manage to play half a netball match because they are tired and not able to play for long enough. You can be fit and healthy too.

You can't be healthy without being fit enough to meet all demands. It is possible to be fit but not healthy, for example, you can physically manage your everyday tasks (so you are fit) but are constantly depressed about being no good at anything. Being depressed can have a big impact on your mental health and lead to many other health problems. Therefore to conclude, someone who is described as fit, can be also described as healthy if they are free from disease or infirmity and have no issues with their state of mental and social well-being. However, they could not be described as also healthy if they have any disease, ill health or issues with their mental or social well-being.

Mark scheme commentary for band 2 allocation

A range of relevant knowledge and understanding is shown, but is lacking in sufficient detail, with a few errors, which is evidence in the descriptions for health and fitness.

Subject specific terminology is used, but not always consistently, such as 'meet all demands' should be 'meets the demands of the environment', the descriptions of health are missing the absence of 'disease' and 'infirmity' terminology.

Application of knowledge and understanding is mostly appropriate, but sometimes lacks clarity, and there are a few errors throughout the descriptions of health and fitness and the relationship between the two.

Some analysis and evaluation is present and effective, but is lacking appropriate development to cover the full variations of relationship between health and fitness.

There are attempts to draw conclusions in the summative paragraph, which are supported by judgements, but some information is irrelevant, such as the sentence about 'being depressed'.

Band 1 learner response

Fitness can be defined as the condition of being physically fit.

Health can be defined the as being free from illness.

It is impossible to be fit and not healthy too, but you can be healthy, but not fit. You can be fit and healthy.

Therefore if someone is described as fit, they could also be described as healthy too.

Mark scheme commentary for band 1 allocation

There is a limited range of relevant knowledge and understanding shown in the descriptions of health and fitness and the relationship between the two and is fragmented throughout.

Subject specific terminology shows a lack of understanding in the descriptions of health and fitness and the relationship between the two.

Application of knowledge and understanding is inappropriate, with any attempt of explain the relationship between health and fitness showing fundamental errors in their understanding.

Analysis and evaluation is not present.

Attempts to draw conclusions are don't fully cover the relationship between health and fitness as it is possible to be fit and not healthy and this has not been covered by the learner in their response.

Activity 1

Using a highlighter pen, can you identify the differences in responses between each answer?

Activity 2

What's different in the Band 2 learner response compared to the Band 1 learner response?

What's different in the Band 3 learner response compared to the Band 2 learner response?