



# **Internal assessment sample portfolio: Level 2 pass**

**NCFE Level 1/2 Technical Award in Health and  
Fitness**

**QN: 603/2650/5**

NCFE Level 1/2 Technical Award in Health and Fitness (603/2650/5) 2

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## **Introduction**

The material within this portfolio relates to:

### **Unit 02 – Preparing and planning for health and fitness**

This portfolio is designed to demonstrate an example of the evidence that could be produced for unit 02 from NCFE Level 1/2 Technical Award in Health and Fitness. It's designed to provide guidance on how a Level 2 pass grade portfolio could look, rather than being prescriptive.

In this example there are written accounts and visual evidence, but the evidence could also be presented in an audio/video format. Where the learner has provided visual evidence (for example screen grabs, copies of research), this has been clearly annotated to give context as to why it has been included. Each piece of evidence has been presented with the assessment criteria number shown at the top of the page.

This portfolio contains manufactured learner evidence and assessor feedback produced by NCFE. External Quality Assurer guidance has also been provided for each piece of evidence relating to an assessment criterion. The guidance comments on how the evidence meets the assessment criterion and what could be improved to obtain a higher grade.

It is strongly recommended that each unit is presented and assessed individually to allow accurate judgements about the learner's competence. This will also make it easier to award a grade for the unit. The work must then be internally moderated and made available for the external moderator. It is accepted that a piece of evidence may be presented for more than one unit. Where this is the case, the evidence must be clearly mapped to all units and assessment criteria it applies to when presented to the external moderator. This will enable them to make an accurate judgement about the learner's competence and overall unit grade.

We would encourage the use of our evidence and grading tracker document which is available on the qualification page of the NCFE website; however, any method which clearly records the evidence against the assessment criteria can be used.

## Synoptic Project Tasks

### Project Brief

You have decided that you want a career in the health and fitness industry and are now working as a health and fitness professional.

You have been asked to support a client who would like to improve their body composition and develop their power.

You are required to complete a lifestyle analysis to create a 4-week health and fitness programme for your client, which will improve these components of fitness.

Your client is available to train two times a week.

### Task 1

Your client would like to improve their body composition and develop their power.

To help them do this, you should know how to apply the principles of training to a health and fitness programme and be able to select the appropriate training type for your client's needs.

You are required to:

- demonstrate your understanding of what is meant by body composition and power
- show how you would apply the principles of overload **and** tedium to a health and fitness programme
- explain, with reference to different methods of training and the principles of FITT, how:
  - body composition could be improved
  - power could be developed.

### Task 2

You need to have an understanding of your client's lifestyle and readiness to perform health and fitness activities, before you are able to set them clear goals.

You are required to:

- create, administer and analyse a lifestyle questionnaire to suggest ways in which your client's lifestyle could be improved
- administer and analyse a PAR-Q to evaluate your client's readiness to perform health and fitness activities. The PAR-Q could be one that you have been given or one that you have sourced
- set SMART goals for your client.

### Task 3

Before you design the health and fitness programme, you will need to assess your client's current levels of fitness in body composition and power.

You are required to:

- explore the different ways that body composition and power can be appropriately tested
- carry out and record results for one fitness test for body composition and one fitness test for power with your client
- assess your client's results.

### Task 4

You are now ready to design the 4-week health and fitness programme to give to your client.

You are required to:

- design a 4-week health and fitness programme for your client, explaining the choices that you make
- give your client the health and fitness programme and ask them to complete **week 1** and **week 2**
- carry out and record a progress review with your client at the **end of week 2**
- make changes to your clients health and fitness programme for **week 3** and **week 4**, explaining the changes that you made
- give your client the updated version of the health and fitness programme and ask them to complete **week 3** and **week 4**.

**You will not be assessed on your client's ability to complete the programme or be required to attend the training sessions that you have planned.**

At the end of the 4-week health and fitness programme, you are required to:

- re-test, record and assess your client's levels of fitness for body composition and power
- draw conclusions about the effectiveness of the health and fitness programme.

### Task 5

For your own personal development it is important to be able to evaluate your own performance. Using your completed learner log from tasks 1–4, carry out an evaluation of the project. You should make reference to the learner log where appropriate.

**Learner Evidence**

**TASK 1 PART A:** Your client would like to improve their body composition and develop their power. To help them do this, you should know how to apply the principles of training to a health and fitness programme and be able to select the appropriate training type for your client's needs.

**Define the term Power**

Power is a combination of using strength and speed at the same time. Power is an aspect of skill related fitness that is needed to excel in activities which require a person to be athletic. Activities that involve jumping require power in the legs. The more power you have, you have an increased ability to jump higher, run faster or throw items further.

A common test for power is the Standing Broad Jump. This involves the athlete starting with 2 feet together at the start of a measured distance. On 'Go' the athlete takes off with 2 feet and completes a jump travelling in a horizontal direction as far as possible, landing on 2 feet. An assistant measures the horizontal distance that the athlete has moved, taking the measurement from the back of the heel.

**Define the term Body Composition**

Body composition is the percentage of body weight, which is fat, muscle or bone. A healthy body composition is one that includes a smaller percentage of body fat, and a higher proportion of body mass made up from muscles, organs and bones. Body composition can be used to measure the health and fitness level of an individual. It helps sports people depending on the type of sport they play.

A common test for Body Composition is the use of Skin Fold Calipers where skin fold is taken at various points around the body to measure sub cutaneous fat.

**Commented [A1]:** This task was administered as a written controlled assessment. Learners were given 1 hour to complete the test.

Accurate definitions given with some explanation, some sporting examples to support answers and show application of knowledge would have been beneficial.

Inclusion of fitness tests shows good knowledge, more than one fitness test could have been described

**Task 1 PART B:** Show how you would apply the principles of overload and tedium to a health and fitness programme.

The overload principle suggests that the body will adapt to the exercise it is completing. The more training you complete, the more you will be capable of doing, which in turn sees fitness improvements occur within the body. This is how people become stronger and increase their overall physical fitness level.

The principles links closely with the principle of Progressive – any increases in training would need to be gradual to avoid injury.

Overload can be done by using the **FITT principle**. This means:

Frequency – train more often

Intensity – train harder

Time – train longer or rest less

Type – select a different method of training

The principle of tedium is also a very important principle of exercise and training. A training programme needs to be varied to help prevent tedium (boredom). Using a variety of different training methods can help ensure that our levels of enthusiasm and motivation remain high. If an individual completes the exact same gym session on every visit, **they will quickly get bored and could even decide to quit their training programme**.

**Commented [A2]:** This task was administered as an interview. The learner was given the questions in advance to help prepare and the interview was recorded.

The transcript of the interview is included here as evidence.

Learner showed good knowledge of overload and tedium avoidance but this lacked some application with specific examples to support the answer

**Commented [A3]:** Good application of knowledge, some specific examples would have further supported answer, along with inclusion of working intensities

**Commented [A4]:** Good explanation

**Task 1 PART C:** Explain, with reference to different methods of training and the principles of FITT, how body composition could be improved

Body composition concerns your muscle to fat ratio, and having a good body composition can contribute to an individual having a lean and healthy look. It is important to get a good balance of weight loss and muscle development, as if you just focus on weight loss you may well be skinny, but you will lack strength. To achieve a lean physique you should ensure you lose excess fat whilst also toning muscles.

Commented [A5]: Clear definition provided.

Commented [A6]: Accurate observation given

There are a range of training methods that will help you to reduce body fat and increase your lean muscle tissue. The most obvious method you can utilise to reduce body fat is through completing cardiovascular training. A training plan is incomplete if it does not contain cardio training. Not only is it good for your heart, it contributes to fat loss and muscle development. The key is to complete different types of cardio in order to work all of your energy systems and encourage all-around fitness. For an example, we can consider continuous training. Continuous training is completing a cardiovascular exercise for a good period of time, working at roughly the same intensity throughout. This could be going on the exercise bike in a gym. You may follow the FITT principle, this refers to Frequency (how often you train), Intensity (how hard you train), Time (how long you train for) and Type (the type of training method selected). An example in a training programme may be:

Commented [A7]: Excellent points made

F - frequency - you could complete 2-3 cycles per week

I - intensity - as you are continuously training, you cannot go at your highest intensity for the whole time. So instead you may work at an RPE of 7 for the duration. For aerobic training, the working intensity should be 60-80% of your maximum heart rate.

T - time - each cycle may last 45 minutes

T - type - this is cardiovascular and continuous training

Commented [A8]: Another very good example

You would also need to ensure this training progressed over time, so after a couple of weeks you could increase the time to 60 minutes for example.



You should also complete strength/resistance training to improve your body composition. This would help you increase the amount of lean muscle tissue you had. You could go to the gym and lift weights, using a range of different strength training methods whilst you were there. For example, you could complete supersets (where you complete 2 exercises back-to-back that focus on the same muscle group), or ascending pyramid training (where after each set you increase the weight but decrease the number of reps. If you completed a weight lifting/strength session, FITT work as follows;

**F** - frequency - you should do strength training 2-3 times per week

**I** - intensity - for maximum results your intensity should be very high when you are lifting weights, over 70% of your 1 repetition max, as this would mean you are pushing yourself more and lifting heavier weights (which will be improving your lean muscle tissue and therefore body composition)

**T** - time - each strength training session may last 50 minutes. In this time, you could perhaps do 5 different supersets, spending 10 minutes on each

**T** - type - this is strength training, of which there are many types (supersets, dropsets, pyramids, giant sets, tri sets etc.)

**Commented [A9]:** Excellent application of the FITT principle.

A final method of training you could use would be circuit training. This is where you complete a range of exercises in a circuit format. A benefit of this training would be that you could incorporate both cardiovascular and strength exercises into the same circuit, which would be of real benefit to your body composition. For example, you may have include 20m sprints (cardio) and push ups (strength) along with other exercises. There should be approximately 8-15 stations, each working a different muscle group or aspect of fitness, work is for a set time at a station with a set rest, or a set number of repetitions. In terms of FITT;

**F**- Frequency - you could complete 3 circuit sessions per week

**I** - intensity - you would ideally be working at an RPE of around 9, as you would be able to work at high intensity as when you change exercises you would get a short rest

**T** - time - you might do each station for 45 seconds before swapping stations after a 15 second rest

T - type - this is both circuit training that involves both cardiovascular and strength exercises

There is no reason why you could not use all of these different types of training on a weekly basis. For example, you may do 2 bits of continuous training per week, 3 strength training sessions and 2 circuit training sessions. This would give maximum benefits to your body composition as you would be training your body in different ways and getting plenty of both cardiovascular and strength training done.

**Commented [A10]:** Really well written and you have demonstrated excellent knowledge and understanding of fitness training within your work.

SAMPLE

**Task 1 PART C** - Explain, with reference to different methods of training and the principles of FITT, how power could be developed.

Power is a combination of speed and strength, and can be developed with a range of different training methods. The key one I would suggest would be through plyometric training, which involves explosive powerful training exercises that help to activate the quick response and elastic properties of major muscles throughout the body.

F- frequency - you could complete 4 broad jump sessions per week, each time completing 8-10 broad jumps

I - intensity - you should be trying to jump the furthest you can every time

T - time - it might take you a maximum of 10 minutes to complete

T - type - this is plyometric training

A great second method of developing power can be through resisted speed training, which would involve exercises such as hill sprints, parachutes, resistance bands and the prowler. Resisted speed training works on the principle that when we work against resistance, our muscles become stronger and can then work even faster when the resistance is removed. This is ideal for developing power. You could complete some resisted speed training using FITT as below;

F- frequency - you could complete 2 resisted speed sessions per week, wherein each one you complete 5 sets of each of the 4 exercises I mentioned

I - intensity - you would be working at 100% effort to try and combat the resistance

T - time - it might take you 45 minutes to complete the session, including rest breaks

T - type - this is resisted speed training

**Commented [A11]:** This task also administered as an interview, recorded separately to the previous part of the task to allow students time to fully prepare.

Band 3 awarded as learner recalled and communicated comprehensive knowledge and understanding from a wide range of health and fitness concepts, principles, skills and techniques.

Subject-specific terminology is used accurately and consistently throughout the project.

**Commented [A12]:** Clear introduction with a suitable methods of training given. Specific examples would have further supported your explanation and shown good application.

Other methods could have been included such as resistance training or circuits.

An answer linking into other aspects would be good such as mentioning warm ups/cool downs, progressive overload and specificity

**Learner Evidence**

**Task 2 PART A** - Create, administer and analyse a lifestyle questionnaire to suggest ways in which your client's lifestyle could be improved.

**Commented [A13]:** Learner created, administered and analysed a lifestyle questionnaire for a client. A screen shot of the questionnaire is shown.  
  
Lifestyle questionnaire created but possibly not really suitable for the client. Client ticked no parts of the questionnaire so little information could be gleaned from the task.

**Health & Lifestyle Questionnaire**

Name: Blossom Jovis Date: 18<sup>th</sup> May 2018  
 DOB: 01/01/84  
Month Day Year

**HEALTH SCREENING**

**Section 1**

Do you have a history of any of the following? (please check all that apply to you)

**Cardiovascular Disease:**

- cardiac catheterization
- cardiac disease
- cerebrovascular disease (stroke/TIA)
- congenital heart disease
- coronary angioplasty
- heart attack
- heart failure
- heart surgery
- heart transplantation
- heart valve disease
- pacemaker/implantable cardiac defibrillator
- peripheral vascular disease (PVD)

**Pulmonary Disease:**

- asthma
- chronic obstructive pulmonary disease
- cystic fibrosis
- interstitial lung disease

**Major Signs and Symptoms of Cardiovascular, Pulmonary or Metabolic Disease:**

- chest discomfort with exertion
- dizziness, fainting, or blackouts
- unpleasant awareness of a forceful rapid heart rate
- take heart medications
- ankle swelling
- unreasonable breathlessness (at rest, with mild exercise, or when lying down)
- burning or cramping sensation in your lower legs when walking short distances
- pain or discomfort in the chest, neck, jaw, arms or elsewhere that may be due to ischemia (relative lack of blood supply)

**Metabolic Disease:**

- diabetes (Types 1 and 2)
- renal disease

**Section 2**

**Are you presently?**

- male and older than 45 years
- female and older than 55 years, had a hysterectomy (with ovaries removed), or are postmenopausal
- smoker (or quit within the past 6 months)
- hypertensive (blood pressure is  $\geq 140/90$  mm Hg) or on blood pressure medication
- more than 20 pounds overweight (BMI  $\geq 30$ )
- physically inactive (not exercising  $\geq 30$  minutes, 3x/week for past 3 months)
- pre-diabetic (impaired fasting glucose 6.1 to 6.9 mmol/L, or oral glucose tolerance test 7.8 to 11.0 mmol/L)

**Do you have?**

- a close blood relative who had a heart attack or heart surgery before age 55 (father or brother) or age 65 (mother or sister)
- high total cholesterol  $\geq 5.2$  mmol/L
- high HDL (good) cholesterol  $\leq 1.6$  mmol/L

In a role play scenario, I acted as a fully qualified fitness professional and worked with a client. The questionnaire was created and then administered to the client in a mock fitness setting. On

**Commented [A14]:** Questions not hugely suitable to the client and you didn't get a lot of information about their lifestyle. This meant that the analysis was difficult.

completion of the questionnaire I analysed the results and prepared another interview scenario to discuss the analysis and feedback.

### Analysis of lifestyle questionnaire

My client has completed their lifestyle questionnaire. From this I can identify that they have no cardiovascular disease, no respiratory issues and no serious underlying health issues.

During the interview I asked the client what their diet was like. They said that they are very busy and tend to eat a lot of junk food and convenience food that is high in fat. Due to a part time job combined with study, they also said that they don't sleep very well. This could partly be down to using their phone in bed to play games and go on social media.

In terms of exercise they do a small amount such as in PE lessons but very little else

Shown below are some methods in which I think that their lifestyle can be improved:

- Set out a small amount of time each day to exercise – this could be something they find enjoyable and may do it with friends
- Make lunches the day before and try and plan meals and snacks ahead to try and make them more nutritious
- Switch off phone before bed time to promote better sleeping habits

**Commented [A15]:** The feedback was given as a mock interview scenario between fitness professional and client. The interview was recorded. A review of the analysis is shown.

**Commented [A16]:** Learner realised during interview that the questionnaire revealed very little. They successfully rectified this by asking the client some further questions during the interview.

**Commented [A17]:** Suitable suggestions given – lacked some detail such as portion sizes and examples of suitable exercises

**Task 2 PART B** - Administer and analyse a PAR-Q to evaluate your client's readiness to perform health and fitness activities. The PAR-Q could be one that you have been given or one that you have sourced.

*I have researched a PAR-Q and completed this with my client. A copy of this completed PAR-Q is shown below.*

**Commented [A18]:** Good PAR-Q developed and this was completed well with your client in a very professional manner.

The PAR-Q did not gather any emergency contact details and the client did not sign it.

Physical Activity Readiness Questionnaire (PAR-Q)\*

NAME OF PARTICIPANT Blossom Jones  
 DATE 28<sup>th</sup> May 2022

## PAR Q & YOU

PAR-Q is designed to help you help yourself. Many health benefits are associated with regular exercise, and completion of PAR-Q is a sensible first step to take if you are planning to increase the amount of physical activity in your life.

For most people, physical activity should not pose any problem or hazard. PAR-Q has been designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them.

Common sense is your best guide in answering these few questions. Please read them carefully and check (✓) the  YES or  NO opposite the question if it applies to you.

YES	NO	
<input type="checkbox"/>	<input checked="" type="checkbox"/>	1 Has your doctor ever said you have heart trouble?
<input type="checkbox"/>	<input checked="" type="checkbox"/>	2 Do you frequently have pains in your heart and chest?
<input type="checkbox"/>	<input checked="" type="checkbox"/>	3 Do you often feel faint or have spells of severe dizziness?
<input type="checkbox"/>	<input checked="" type="checkbox"/>	4 Has a doctor ever said your blood pressure was too high?
<input type="checkbox"/>	<input checked="" type="checkbox"/>	5 Has your doctor ever told you that you have a bone or joint problem such as arthritis that has been aggravated by exercise, or might be made worse with exercise?
<input type="checkbox"/>	<input checked="" type="checkbox"/>	6 Is there a good physical reason not mentioned here why you should not follow an activity program even if you wanted to?
<input type="checkbox"/>	<input checked="" type="checkbox"/>	7 Are you over the age of 65 and not accustomed to vigorous exercise?

**YES to one or more questions**

If you have not recently done so, consult with your personal physician by telephone or in person **BEFORE** increasing your physical activity and/or taking a fitness appraisal. Tell your physician what questions you answered YES to on PAR-Q or present your PAR-Q copy.

**NO to all questions**

If you answered PAR-Q accurately, you have reasonable assurance of your present suitability for:

- + A GRADUATED EXERCISE PROGRAM – a gradual increase in proper exercise promotes good fitness development while minimizing or eliminating discomfort.
- A FITNESS APPRAISAL – the Canadian Standardized Test of Fitness (CSTF)

### Analysis of PAR-Q

My client has completed the attached PAR-Q. From reviewing this PAR-Q, my client is suitable to participate in physical activity. There are no current conditions which would stop her from participating in an exercise programme.

I have also advised her that if any of the information in the PAR-Q changes, she should get in touch with myself and we could discuss the impact that this may have on her readiness to exercise.

If my client answered YES to any of the questions, or ticked any of the conditions, we would discuss these further and if necessary, I would seek the approval of her doctor before advising her to commence in physical activity.

**Commented [A19]:** Following completion of PAR-Q, learner completed an analysis as a written report and then shared the feedback with the client. This was done in a very professional and competent manner. Analysis was accurate but lacked some detail.

**Commented [A20]:** Accurate decision.

**Task 2 PART C** - Set smart goals for your client.

Body Composition	
Specific	To reduce waist to hip ratio to 0.81 to 0.85 to be in the moderate risk category.
Measurable	Yes, this can be measured by taking waist and hip measurements again and performing the calculation.
Achievable	Yes
Realistic	Yes, with a combination of an exercise programme and a healthy nutrition plan addressed the areas identified above this is realistic. waist to hip ratio is currently 0.88.
Time Bound	12 weeks with regular reviews every 4 weeks

**Commented [A21]:** This was completed as a written research task but was then followed up with a mock interview between fitness consultant and client.

Goal Setting Task was completed well and the fitness professional discussed the plan with the client in a professional and articulate manner. The task lacked some detail – it would have been useful to describe the process of goal setting and what a SMART target means.

This is an appropriate target for my client as they outlined in the lifestyle questionnaire that they wanted to lose some weight..

**Commented [A22]:** This is a really realistic target you have set for your client. This is not too adventurous and is an appropriate time period.

**Commented [A23]:** Some inclusion as to how the target will take the client from a high risk category to moderate risk category would have further supported the target.

Power	
Specific	To increase vertical jump score so it is in the 'average' category.
Measurable	Yes, this can be measured by completing the vertical jump test again and calculating and average score
Achievable	Yes - Average vertical jump re is currently 24cm, which is classed as below average.
Realistic	Yes - with participation in an exercise programme, this improvement is realistic
Time Bound	3 months

**Commented [A24]:** As above, an accurate target with some realistic timings. Learner could have mentioned that power takes a relatively long time to develop as both speed and strength need to be improved within the time frame.

This target is appropriate for my client as they are currently in the below average category.



**Learner Evidence**

**Task 3 PART A** - Explore the different ways that body composition and power can be appropriately tested

**Commented [A25]:** The learner completed independent research on this task and then presented the findings to the client as a PowerPoint presentation. The preparation completed is shown, the learner used these as prompts during the presentation.  
 Only 1 test was described for each and this lacked some detail.  
 More tests could have been described.

<b>Test Name</b>	Vertical jump test
<b>Description of test and materials required</b>	This test is also known as the Sergeant jump. To complete this test you need a wall and some chalk.
<b>Method</b>	<ul style="list-style-type: none"> <li>• With feet flat on the ground, the athlete reaches up as high as possible with the chalk in the arm closest to the wall, and makes a mark at its highest point (whilst keeping feet flat on the ground).</li> <li>• The aim is to jump as high as possible, at the highest point, the athlete should again mark the wall with the chalk.</li> <li>• The tester then measures the difference between the 'standing reach height' and the 'jump height'. This is the athlete's score.</li> </ul>

<b>Test Name</b>	Waist to Hip ratio
<b>Description of test and materials required</b>	The aim of the waist to hip ratio 'test' is to get a measure of an individual's body composition. It is an easy test that can be done anywhere, and the only equipment you need is a tape measure.
<b>Method</b>	You should divide the waist measurement by the hip measurement to get a ratio.

**Task 3 PART B** - Carry out and record results for one fitness test for body composition and one fitness test for power with your client.

**Commented [A26]:** The learner set up the tests incorrectly at first, they then realised their mistake and corrected them. The results were shared with the client professionally.

	Power - Vertical jump		Body Composition - Waist to hip ratio	
	Test Result	Comparison to normative data	Test Result	Comparison to normative data
Result	24 cm	Below average	0.88	High Risk

**Commented [A27]:** Good representation of your test results in a table. You should have administered the power test 3 times and taken an average result.

Body composition was accurately measured using the Waist: Hip ratio test.

You completed these tests independently.

Normative data taken from <https://www.topendsports.com/testing/norms/vertical-jump.htm> and <http://www.bmi-calculator.net/waist-to-hip-ratio-calculator/waist-to-hip-ratio-chart.php>. Both accessed on 30<sup>th</sup> May 2018.

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**Task 3 PART C - Assess your client's results.**

As I you can see from the table on the previous page, my clients vertical jump results were classed as below average.

The test for body composition shows that my client falls into the high risk category.

The results from the fitness tests support the information gathered in the lifestyle questionnaire whereby my client needs to take part in more regular physical activity in addition to improving the nutrition elements of their lifestyle.

This suggests that the health and fitness programme should focus on developing these two elements within my client.

**Commented [A28]:** This part of the task was completed as a written report. The assessment and analysis is accurate and well written

It would have further supported answer to develop these results, for example suggesting that the results have potential health risks attached. The results from the lifestyle questionnaire would have further supported the analysis.

**Commented [A29]:** Accurate response provided to this part of the task. You have accurately reviewed the fitness test results and linked these to normative data.

#### Task 4

You are now ready to design the 4-week health and fitness programme to give to your client.

You are required to:

- design a 4-week health and fitness programme for your client, explaining the choices that you make
- give your client the health and fitness programme and ask them to complete **week 1** and **week 2**
- carry out and record a progress review with your client at the **end of week 2**
- make changes to your clients health and fitness programme for **week 3** and **week 4**, explaining the changes that you make
- give your client the updated version of the health and fitness programme and ask them to complete **week 3** and **week 4**.

**You will not be assessed on your client's ability to complete the programme or be required to attend the training sessions that you have planned.**

At the end of the 4-week health and fitness programme, you are required to:

- re-test, record and assess your client's levels of fitness for body composition and power
- draw conclusions about the effectiveness of the health and fitness programme.

**Task 4 PART A-** Design a 4-week health and fitness programme for your client, explaining the choices that you make.

	Monday - HIIT	Thursday - Power/Weight training
Week 1	<p><u>Warm up</u> - Dynamic stretches.</p> <p>Cardio warm up of 10 minutes on cross trainer</p> <p><u>Main activity</u> High Intensity Interval Training for 30 minutes at 9-10 RPE. Intervals to consist of 5 Rounds – 20 seconds low intensity: 20 seconds high intensity – 25 Minutes Total</p> <p>Rest 1 minute between rounds. "Jog" will be jogging on the spot</p> <p><u>Cool down</u> - Cardio cool down – 5 minutes on cross trainer,</p> <p>5-10 minutes of static stretching</p>	<p><u>Warm up</u> - Dynamic stretches</p> <p>Cardio warm up of 10 minutes on exercise bike</p> <p><u>Main activity</u> <u>Resistance training</u> - 20 minutes, 60-70% 1RM</p> <p>Basic sets, 3 sets of 8-12 reps. Weight can increase if Blossom is comfortable.</p> <p><u>Cool down</u> - Cardio cool down – 5 minutes on rowing machine,</p> <p>5-10 minutes of static stretching</p>

**Commented [A30]:** Learner completed a plan using information from the PAR-Q, Lifestyle Questionnaire and fitness test results

Learner has demonstrated and applied mostly relevant health and fitness skills and techniques by applying and using mostly appropriate health and fitness concepts and principles.

Learner has demonstrated and applied health and fitness skills and techniques to develop a mostly complete and working solution.

**Commented [A31]:** Clear template provided

**Commented [A32]:** Some detail of what dynamic stretches would have supported the answer, also some detail as to intensity for the warm up, either using RPE or HR

**Commented [A33]:** Examples of the activities would have further supported this answer

**Commented [A35]:** Excellent use of intensity but specific exercises should have been included

**Commented [A34]:** Intensity would have been suitable for the cool down, showing that it gradually decreases. Some detail as to the static stretches should have been included

<p>Week 2</p>	<p><u>Warm up</u> - Dynamic stretches</p> <p>Cardio warm up of 10 minutes on exercise bike</p> <p><u>Main activity</u> High Intensity Interval Training for 30 minutes at 9-10 RPE. Intervals to consist of 6 Rounds – 20 seconds low intensity: 20 seconds high intensity – 30 Minutes Total</p> <p>Rest 1 minute between rounds. "Jog" will be jogging on the spot</p> <p><u>Cool down</u> - Cardio cool down - 5 minutes on cross trainer</p> <p>5-10 minutes of static stretching,</p>	<p><u>Warm up</u> - Dynamic stretches</p> <p>Cardio warm up of 10 minutes on cross trainer</p> <p><u>Main activity</u> Resistance training - 20 minutes, 60-70% 1RM</p> <p>Basic sets, 3 sets of 8-12 reps. Weight can increase if Blossom is comfortable.</p> <p>Complete 8-10 of each activity, with 1 minute rest between each activity</p> <p><u>Cool down</u> - Cardio cool down - 5-10 minutes of static stretching,</p>
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<p>Week 3</p>	<p><u>Warm up</u> - Dynamic stretches including knees to chest.</p> <p>Cardio warm up of 10 minutes on cross trainer</p> <p><u>Main activity</u> High Intensity Interval Training for 30 minutes at 9-10 RPE. Intervals to consist of 7 Rounds — 20 seconds low intensity: 20 seconds high intensity — 35 Minutes Total</p> <p>Rest 1 minute between rounds. "Jog" will be jogging on the spot</p> <p><u>Cool down</u> - Cardio cool down - 5 minutes on exercise bike,</p> <p>5-10 minutes of static stretching.</p>	<p><u>Warm up</u> - Dynamic stretches including knees to chest,</p> <p>Cardio warm up of 10 minutes on exercise bike starting</p> <p><u>Main activity</u> Resistance training - 20 minutes, 70-80% 1RM</p> <p>Basic sets, 3 sets of 6-8 reps. Weight can increase if Blossom is comfortable.</p> <p>Complete 10 of each activity, with 45 seconds rest between each activity</p> <p><u>Cool down</u> - Cardio cool down - 5 minutes on cross trainer,</p> <p>5-10 minutes of static stretching</p>
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Week 4	<p><u>Warm up</u> - Dynamic stretches</p> <p>Cardio warm up of 10 minutes on exercise bike</p> <p><u>Main activity</u> High Intensity Interval Training for 30 minutes at 9-10 RPE. Intervals to consist of 8 Rounds — 20 seconds low intensity: 20 seconds high intensity — 40 Minutes Total</p> <p>Rest 1 minute between rounds. "Jog" will be jogging on the spot</p> <p><u>Cool down</u> - Cardio cool down - 5 minutes on cross trainer</p> <p>5-10 minutes of static stretching</p>	<p><u>Warm up</u> - Dynamic stretches</p> <p>Cardio warm up of 10 minutes on cross trainer</p> <p><u>Main activity</u> Resistance training - 20 minutes, 70-80% 1RM</p> <p>Basic sets, 3 sets of 6-8 reps. Weight can increase if Blossom is comfortable.</p> <p><u>Cool down</u> - Cardio cool down - 5 minutes on exercise bike</p> <p>5-10 minutes of static stretching,</p>
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Explanation of the choices that I made in the exercise programme

For Blossom, I decided to make Monday a High Intensity Interval Training (HIIT) day, and Thursday would be to focus on power and weight training. This is because her goals are to develop body composition and develop power, and because she stated that she enjoyed interval training on her lifestyle questionnaire. The HIIT training will be a big help in improving her body composition, as the nature of HIIT means that she will be burning a lot of calories whilst also toning her muscles through many of the activities I have included..

**Commented [A36]:** Suitable explanations provided for all of your training programme.

How have I applied both the SPORT and FITT principles of training to this programme?

I applied both the SPORT and FITT principles of training to allow improvements in body composition and the development of power.

Specificity - I have clearly identified the types of training that should be completed..

**Commented [A37]:** All principles identified and explained – this lacks some detail and justification. Some reference to Blossoms lifestyle questionnaire also would have supported the answer.



*Progression* – gradually the training gets harder each week, but by small increments.

*Overload* – this has been applied to ensure that Blossom keeps on adapting.

*Reversibility* – hopefully she will not suffer any injuries as I have included warm ups and cool downs, I've incorporated rest and variation.

*Tedium Avoidance* – the sessions have a variety of exercises so shouldn't be boring

*Frequency* – she will train twice a week

*Intensity* – I have included this is the weight session

*Time* – this is included

*Type* – the type of training is suitable for the goals

SAMPLE

**Task 4 PART B** - Carry out and record a progress review with your client at the end of week 2.

Week Number	2
What worked well within the session?	
<p>I worked really hard in this session. The activities were really intense and really challenged me throughout. I found some of the activities really hard, however this was in a good way as I was tired by the end of the activities.</p>	
What would you change about this fitness session?	
<p>The length of each activity was far too long for me. I would have preferred to do more activities but work for a shorter period of time.</p> <p>I was quite tired after the cardio in the warm ups. This really affected me when I was doing the resistance training and a lot of leg based activities.</p>	

**Commented [A38]:** Learner created a suitable template for the client to complete at the end of each session. It lacked more critical analysis – for example, the question should have included ‘Why?’

Inclusion of the review after week 1 and 2 would have given more evidence.

Using the review, the learner assessed progress and made any relevant changes to weeks 3 and 4.

**Task 4 PART C** - Make changes to week 3 and week 4 of your clients health and fitness programme, explaining the changes that you make.

**Commented [A39]:** Learner made good observations following the clients weekly analysis, an accurate redesigning of the session programme was developed

<p>Week 3</p>	<p><u>Warm up</u> - Dynamic stretches.</p> <p>Cardio warm up of <u>5 minutes</u> on cross trainer starting</p> <p><u>Main activity</u></p> <p>High Intensity Interval Training for <u>25 minutes</u>. Intervals to consist of 7 Rounds — <u>15 seconds</u> low intensity: <u>15 seconds</u> high intensity — <u>25 Minutes</u> Total</p> <p>Rest <u>40 seconds</u> between rounds. "jog" will be jogging on the spot</p> <p><u>Cool down</u> - Cardio cool down - 5 minutes on exercise bike,</p> <p>5-10 minutes of static stretching,</p>	<p><u>Warm up</u> - Dynamic stretches including knees to chest, high kicks and lunges. 20 reps of each including 10 reps on each leg.</p> <p>Cardio warm up of <u>7 minutes</u> on exercise bike</p> <p><u>Main activity</u></p> <p>Resistance training - 20 minutes, 70-80% 1RM</p> <p>Basic sets, 3 sets of 6-8 reps. Weight can increase if Blossom is comfortable.</p> <p>Complete 10 of each activity, with 45 seconds rest between each activity</p> <p><u>Cool down</u> - Cardio cool down - 5 minutes on cross trainer</p> <p>5-10 minutes of static stretching</p>
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**Commented [A40]:** Changes are evident and respond to the clients evaluation

<p>Week 4</p>	<p><u>Warm up</u> - Dynamic stretches</p> <p>Cardio warm up of <b>8 minutes</b> on exercise bike</p> <p><u>Main activity</u> High Intensity Interval Training for <b>25 minutes</b>. Intervals to consist of 8 Rounds — <b>20 seconds</b> low intensity: <b>20 seconds</b> high intensity — <b>30 Minutes</b> Total</p> <p>Rest <b>45 seconds</b> minute between rounds. "Jog" will be jogging on the spot</p> <p><u>Cool down</u> - Cardio cool down - 5 minutes on cross trainer, starting at RPE 7 and working down to RPE 3.</p> <p>5-10 minutes of static stretching, including prone quad stretch, prone hamstring stretch, prone glute stretch, standing abdominal stretch, biceps and chest stretch. Hold positions for 30 seconds each side.</p>	<p><u>Warm up</u> - Dynamic stretches</p> <p>Cardio warm up of <b>8 minutes</b> on cross trainer bike</p> <p><u>Main activity</u> Resistance training - 20 minutes, 70-80% 1RM</p> <p>Basic sets, 3 sets of 6-8 reps. Weight can increase if Blossom is comfortable.</p> <p>Complete 10 of each activity, with 45 seconds rest between each activity</p> <p><u>Cool down</u> - Cardio cool down - 5 minutes on exercise bike,</p> <p>5-10 minutes of static stretching,</p>
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Explaining the changes I made to the health and fitness programme

Following the feedback that I received from Blossom after she had completed weeks 1 and 2 of the exercise programme, I have amended timings and weights within her exercise programme. She identified that she really enjoyed the different elements of the training programme and enjoyed the variety of exercises that were provided. I have provided my changes in the programme identified on the previous pages and highlighted the changes made.

I have amended the timings of both the warm ups and the main activities. I have done this because she identified that she felt that the warm up was too long and was using up too much of her energy before she had started the main programme.

**Commented [A41]:** Suitable justification given, lacks some detail and development

**Task 4 PART D** - Re-test, record and assess your client's levels of fitness for body composition and power. Draw conclusions about the effectiveness of the health and fitness programme.

Post health and fitness programme test results

	Power - Vertical Jump		Body Composition - BMI	
	Test Result	Comparison to normative data	Test Result	Comparison to normative data
Result	28 cm	Below average	0.86	High Risk

The health and fitness programme has been very effective at improving the power of my client in such a short period of time. Their overall score on the vertical jump test has increased by 4cm which is very good within a 4 week period. This suggests that the health and fitness programme had a positive impact on the power within legs of my client.

The health and fitness programme has also been very effective at improving the body composition of my client. Her waist to hip ratio at the start of the programme was 0.88. Following the 4 week programme, it is now 0.86, showing a reduction of 0.02. Whilst both of these scores remain in the same category, there has been a significant improvement in the 4 week period and I am sure that if the exercise programme would continue, my client would continue to improve her body composition and achieve her SMART target of being a healthy weight. This suggests that the health and fitness programme had a positive impact on her body composition.

**Commented [A42]:** Learner set up the tests independently and conducted the tests following the correct protocol. Measuring was accurate and recorded. Results were shared with the client in a professional manner.

Power should have been tested 3 times and an average calculated.

Explanation of analysis is accurate and includes specific data.

**Task 5**

**Level 1/2 Technical Award in Health and Fitness**

**Unit 02: Internal Synoptic Project- Learner Log**

This learner log should be completed to record your approach to tasks 1–4 of the synoptic project.

It will be used as part of the overall evaluation in Task 5 of the full synoptic project.

All of the work you submit **must** be your own. Please complete the details below clearly and in BLOCK CAPITALS.

Learner name                     Candidate B                    

Centre name                     NCFE Academy                    

Centre number       Learner number

Learner signature                     Candidate B                    

**Commented [A43]:** Task 5 completed as a learner log throughout the project. Learner completed this well and independently.

Band 3 - Learners manage the project, including preparation and planning of a wide range of project stages, time frames and resources.

Learners evaluate a range of their approaches, skills and accomplishments.

Project Management				
Task Number	Preparation carried out:	Resources required:	Time needed:	Progress Log:
1	Research of different components of fitness	Books, computers, ipads	2 hours	Using different websites and course notes I found out the different components of fitness, the principles of training and the different methods of training
	Researched the different components of SPORT / FITT	Books, computers, ipads	2 hours	
	Participation in different training methods	Various fitness training equipment, gym, sports hall	4 hours	
2	Researched different lifestyle questionnaire and PAR-Q templates	Computers, ipads, visited gyms	4 hours	Using search engines I found lots of examples of questionnaires and PAR-Q's - these were helpful when creating my own..
	Had to develop my own lifestyle questionnaire and I chose to create my own PAR-Q template	Computers	6 hours	
3	Research and participation within different fitness tests for each component of fitness	Books, computers and ipads. Various fitness testing equipment; cones, stopwatch, chalk, medicine balls	5 hours	Used internet to help me research which tests would best assess the 2 components set out in the brief
	Researched different types		3 hours	

	<i>of fitness test for body composition and power</i>	<i>ipads, books, fitness equipment</i>		
4	<i>Developing a template for my H&amp;F programme and developed a range of activities for my client to do</i>	<i>Fitness magazines, sports equipment, computer</i>	<i>8 hours</i>	<i>I looked at some examples on the internet to help me with this task</i>

SAMPLE



Project Review	
<p>What went well and why?</p>	<p>Within this project, I think a lot of things have gone well. First of all I have really developed and improvement my knowledge of health and fitness. I have learnt a lot more about each component of fitness, how it relates to health and fitness as well as sport and the different ways to test each component. I really enjoyed researching this information on both computers and books.</p> <p>I really enjoyed working with my client throughout this project. This helped to make the project seem more real and I had to be more prepared as I was working with someone who wasn't my classmate. Because of this, I think that I developed a lot of skills such as my confidence and communication.</p> <p>This is the same for communication, I had to communicate with them throughout the programme and I have noticed that my communication skills have improved.</p> <p>I also think that the programme as a whole went well. I had to plan and deliver a 4 week health and fitness programme to a client that I hadn't worked with before. This went well in a range of ways such as my client actually improving in the 2 components.</p> <p>I felt that I managed to stick to all of my deadlines really well.</p>
<p>What changes would you make and how would these changes improve the outcome of the tasks if you were to do the project again?</p>	<p>If I was to do the project again, I would speak to my teachers and try and get some more textbooks / magazines available for me and my classmates at the planning stage.</p> <p>If I was to complete the project again, I would make sure that I read all tasks in full so that I know what the expectations are. I would also make a plan for my time, taking into consideration the other subjects that I study too. This would help me to be more organised and spend as much time as needed across ALL of my subjects so that I can achieve the best grade possible in each of the subjects that I study.</p>

**Commented [A44]:** Good honest review throughout. You have identified a range of things that went really well.

**Commented [A45]:** Good, this is often the part where you can develop a lot of the skills you wouldn't in a classroom and this will help you when you look to progress into a job!

**Commented [A46]:** Agree with this – the internet can be a confusing place with lots of contrasting information. Good books/magazines often have the most accurate information in and are the best starting point.

Assessor Feedback to Learner – **Task 1**

Commented [A47]: Band 2

<b>Learner Name</b>	Candidate B	<b>Qualification No &amp; Name</b>	NCFE Level 1/2 Technical Award in Health and Fitness
<b>Assessor Name</b>	Assessor B	<b>Task(s)</b>	Task 1
<b>Please list the tasks and assessment objectives which were achieved</b>			
<p>You are required to:</p> <ul style="list-style-type: none"> <li>• demonstrate your understanding of what is meant by body composition and power</li> <li>• show how you would apply the principles of overload <b>and</b> tedium to a health and fitness programme</li> <li>• explain, with reference to different methods of training and the principles of FITT, how:                     <ul style="list-style-type: none"> <li>○ body composition could be improved</li> <li>○ power could be developed.</li> </ul> </li> </ul>			
<b>Feedback from Assessor to Learner</b>			
<p>Well done Candidate B. You have produced an assessment which meets all of the assessment objectives. You have provided a clear explanation of what is meant by body composition and power, providing examples within these.</p> <p>You have produced an assessment in which you have accurately applied the principles of overload and tedium to a health and fitness programme. You have talked in about each of these principles of training and accurately linked these to the health and fitness programme.</p>			
<b>Comments from Learner</b>			
<p>I really enjoyed this task. Researching the different components of fitness and the training methods that could be applied was something I had never done before. I enjoyed taking part in the different sessions where we looked at the training methods.</p>			
<b>Has the learner achieved or not yet achieved?</b>		<b>Achieved</b>	

<b>Any further actions? (Please initial and date once actions have been completed)</b>			
<p>In future assessments, try and develop and justify your answers/evidence in greater depth, further supporting your work with detailed, practical examples.</p>			
<b>Learner Signature</b>	Candidate B	<b>Date</b>	May 2018
<b>Assessor Signature</b>	Assessor B	<b>Date</b>	May 2018

**External Quality Assurer commentary****Task 1****Band awarded for this assessment criterion – Band 2****Justification for the awarded grade:**

The learner has produced a report in which there are definitions for both components of fitness, however it misses some of the more in-depth information. Descriptions of components of fitness lack specific detail and the sporting example is not sufficiently developed.

When looking at the principles of tedium and overload these descriptions are accurate, however they lack some of the specific detail and understanding. Descriptions are often quite vague and some limited examples were provided.

**Explain what would be 'missing' for this work to have been a:****Level 1 Merit**

For a Level 1 Merit to be awarded, the work from the learner would have been more brief throughout. When defining the components of fitness, the response would have been very brief and not extended upon. Sporting example would have been more basic.

The learner would have provided an understanding of what is meant by the principles of tedium and overload, however the application to a health and fitness programme would have been very basic.

The learner would have identified some training methods which would help to train/improve body composition and power, however these would have been relatively brief and little reasoning would have been provided.

**Explain what would be 'included' for this work to have been a:****Level 2 Distinction**

The work from the learner would include clear definition of both components of fitness. Each component would be explained thoroughly and accurately. Examples of how each component relates to participation within sport would be provided and these would be accurate. Information provided as to how principles of overload and tedium would be applied to a health and fitness programme, these would be wholly accurate and detailed throughout. The learner would provide a detailed explanation of how body composition and power could be developed via a health and fitness programme.

Clear examples would be provided throughout and examples described clearly.

**Assessor Feedback to Learner – Task 2**

Commented [A48]: Band 2

<b>Learner Name</b>	Candidate B	<b>Qualification No &amp; Name</b>	NCFE Level 1/2 Technical Award in Health and Fitness
<b>Assessor Name</b>	Assessor B	<b>Task(s)</b>	Task 2
<b>Please list the tasks and assessment objectives which were achieved</b>			
<p>You are required to:</p> <ul style="list-style-type: none"> <li>• create, administer and analyse a lifestyle questionnaire to suggest ways in which your client's lifestyle could be improved</li> <li>• administer and analyse a PAR-Q to evaluate your client's readiness to perform health and fitness activities. The PAR-Q could be one that you have been given or one that you have sourced.</li> <li>• set SMART goals for your client.</li> </ul>			
<b>Feedback from Assessor to Learner</b>			
<p>Well done Candidate B. You have developed some really useful documents in the form of a lifestyle questionnaire and a PAR-Q and administered these appropriately with your client.</p> <p>You have reviewed the responses of your client and suggested a range of appropriate ways in which their lifestyle could be improved. In addition to this, you have accurately reviewed the PAR-Q and appropriately evaluated your clients readiness to participate in health and fitness activities.</p> <p>Finally, you have used all of the information you gathered to set 2 suitable SMART targets for your client.</p>			
<b>Comments from Learner</b>			
<p>At first, I was really nervous when I was going to work with my client, however I grew in confidence as soon as I met her. I enjoyed making my own lifestyle questionnaire but I found it hard to not ask too many questions. The answers that I got from my client were really good and these made the analysis bit really easy.</p>			
<b>Has the learner achieved or not yet achieved?</b>	<b>Achieved</b>		

Any further actions? (Please initial and date once actions have been completed)			
<i>In future assessments, try and develop and justify your answers/evidence in greater depth, further supporting your work with detailed, practical examples.</i>			
<b>Learner Signature</b>	<i>Candidate B</i>	<b>Date</b>	<i>May 2018</i>
<b>Assessor Signature</b>	<i>Assessor B</i>	<b>Date</b>	<i>May 2018</i>

SAMPLE

**External Quality Assurer commentary**

**Assessment Task 2**

**Band awarded for this assessment criterion – Band 2**

**Justification for the awarded grade:**

The questionnaire developed was suitable but did not target all elements of lifestyle, with questions only gathering some more of the basic information about lifestyle.

When reviewing the lifestyle questionnaire, the learner has picked up on some of the information provided but has missed other areas which could have been explored further. Suggestions to improve lifestyle have been identified, however detail is lacking in the reasoning.

PAR-Q data has been analysed reasonably well, in which the learner accurately identified whether the client is appropriate for exercise. However, some elements in the PAR-Q have not been identified by the learner and descriptions are lacking some of the specific detail.

SMART goals have been set and these are mostly accurate, meaning that the targets are relatively realistic for the client to try and achieve. Detailed reasoning for the SMART goals were lacking.

**Explain what would be 'missing' for this work to have been a:**

**Level 1 Merit**

The learner has developed a lifestyle questionnaire which asks questions around some elements of an individual's lifestyle. Not all elements of a healthy lifestyle were included. The learner has reviewed the questionnaire and highlighted some very brief areas which the client should focus on. Not all aspects in the questionnaire have been analysed and included. Descriptions provided are very brief.

The learner has provided a very brief analysis of the information in the PAR-Q and provided a brief evaluation of the client's readiness to exercise. No reasoning was provided.

The learner has developed some SMART goals which are appropriate and relevant to the client, however these are lacking specific detail when setting the goals eg to increase power in the legs. No reasoning has been provided for the selection of each SMART goal.

**Explain what would be 'included' for this work to have been a:**

**Level 2: Distinction**

The learner would have provided a wide range of evidence to meet this assessment objective. The learner would have developed a fully functional lifestyle questionnaire which provided information about all components of their client's lifestyle (diet, physical activity, stress, occupation, likes and dislikes and goals). This would be completed fully by their client and the results have been thoroughly analysed to identify 2 appropriate suggestions to improve the lifestyle of their client. These would be described fully and the suggestions made would be completely appropriate, being realistic and linking in with the responses across a range of the different questions in the lifestyle questionnaire.

A PAR-Q would have been developed following research of different forms/templates currently used within the industry. The client will have completed the document appropriately and this would be thoroughly evaluated by the learner. The learner would have described the rationale for this clearly and also identify what they would do if some concerns were present from the PAR-Q.

The learner would have developed some appropriate SMART targets based on the information provided by the client in the lifestyle questionnaire, taking into consideration any elements in the PAR-Q which could have influenced these. Targets would have been set using the SMART principles and the targets that have been set would be realistic and appropriate for the client. The learner would also provide detailed and accurate reasoning as to why the SMART targets were appropriate for their client.

**Assessor Feedback to Learner – Task 3**

Commented [A49]: Band 2

<b>Learner Name</b>	Candidate B	<b>Qualification No &amp; Name</b>	NCFE Level 1/2 Technical Award in Health and Fitness
<b>Assessor Name</b>	Assessor B	<b>Task(s)</b>	Task 3
<b>Please list the tasks and assessment objectives which were achieved</b>			
<p>You are required to:</p> <ul style="list-style-type: none"> <li>explore the different ways that body composition and power can be appropriately tested</li> <li>carry out and record results for one fitness test for body composition and one fitness test for power with your client</li> <li>assess your client's results.</li> </ul>			
<b>Feedback from Assessor to Learner</b>			
<p>Well done Candidate B. You have provided a really good assessment which has achieved a L2 Pass. Your descriptions of how the two components could be tested were suitable.</p> <p>Upon completion of the tests, you have assessed the results of your client, linked these to normative data well and make some appropriate conclusions and links to the lifestyle questionnaire.</p>			
<b>Comments from Learner</b>			
<p>I enjoyed taking part in the different fitness tests and found this part really interesting. This helped me to reflect on my own sports performance and look at how different components of fitness could be tested accurately.</p>			
<b>Has the learner achieved or not yet achieved?</b>		<b>Achieved</b>	

<b>Any further actions? (Please initial and date once actions have been completed)</b>			
<p>In future assessments, try and develop and justify your answers/evidence in greater depth, further supporting your work with detailed, practical examples.</p>			
<b>Learner Signature</b>	Candidate B	<b>Date</b>	May 2018
<b>Assessor Signature</b>	Assessor B	<b>Date</b>	May 2018



**External Quality Assurer commentary**

**Task 3**

**Band awarded for this assessment criterion – Band 2**

**Justification for the awarded grade:**

Fitness tests for each component were identified, however, the description of the method and purpose of each test is in insufficient detail.

The learner has selected an appropriate fitness test for each component of fitness and tested the client appropriately. All results have been accurately recorded and interpreted in relation to normative data. When assessing the results, clear links have been made to information in the lifestyle questionnaire and some accurate conclusions have been drawn.

**Explain what would be 'missing' for this work to have been a:**

**Level 1 Merit**

Fitness tests would have been outlined as opposed to described, where learners would have identified an appropriate test and some limited information about this test.

The learner would have selected an appropriate fitness test for each component of fitness and tested the client appropriately. All results would have been accurately recorded and interpreted in relation to normative data. Very little link would have been made to the information gathered within the lifestyle questionnaire.

**Explain what would be 'included' for this work to have been a:**

**Level 2 Distinction**

The learner would have provided two different fitness tests for each component of fitness and described the process for these thoroughly. The learner would have provided a clear explanation as to the purpose of each test and how it relates to the relevant component of fitness.

The learner would have selected an appropriate fitness test for each component of fitness and tested the client appropriately. All results have been accurately recorded and interpreted in relation to normative data. A thorough understanding has been provided when assessing the results and clear links would have been made to information in the lifestyle questionnaire.

**Assessor Feedback to Learner – Task 4**

Commented [A50]: Band 2

<b>Learner Name</b>	Candidate B	<b>Qualification No &amp; Name</b>	NCFE Level 1/2 Technical Award in Health and Fitness
<b>Assessor Name</b>	Assessor B	<b>Task(s)</b>	Task 4
<b>Please list the tasks and assessment objectives which were achieved</b>			
<p>You are required to:</p> <ul style="list-style-type: none"> <li>design a 4-week health and fitness programme for your client, explaining the choices that you make</li> <li>give your client the health and fitness programme and ask them to complete <b>week 1</b> and <b>week 2</b></li> <li>carry out and record a progress review with your client at the <b>end of week 2</b></li> <li>make changes to <b>week 3</b> and <b>week 4</b> of your clients health and fitness programme, explaining the changes that you make</li> <li>give your client the updated version of the health and fitness programme and ask them to complete <b>week 3</b> and <b>week 4</b>.</li> </ul> <p>You will not be assessed on your client's ability to complete the programme or be required to attend the training sessions that you have planned.</p> <p>At the end of the 4-week health and fitness programme, you are required to:</p> <ul style="list-style-type: none"> <li>re-test, record and assess your client's levels of fitness for body composition and power</li> <li>draw conclusions about the effectiveness of the health and fitness programme.</li> </ul>			
<b>Feedback from Assessor to Learner</b>			
<p>Well done Candidate B. You have produced another really good assessment which has met the L2 Pass criteria. Throughout this assessment, you have demonstrated and applied technical skills to complete a range of tasks relating to a health and fitness programme very effectively.</p> <p>You have worked well with your client right through this unit and this has culminated in you developing an appropriate health and fitness programme which has had a positive impact on the health and fitness of your client.</p> <p>The health and fitness programme that you developed was very suitable for your client and you used the information in the lifestyle questionnaire to develop this. You then made appropriate changes based on the feedback from weeks 1 and 2.</p> <p>Finally, upon completion of the programme, you have reviewed the effectiveness of the programme.</p>			
<b>Comments from Learner</b>			

This was the hardest assessment so far, however I have learnt so much when creating the fitness programme and then reviewing it again based on the feedback from Blossom. This part was really rewarding and I am not really interested in progressing to a career in this industry and I loved the feeling of helping someone, and seeing the results after the programme.

Has the learner achieved or not yet achieved?

**Achieved**

**Any further actions? (Please initial and date once actions have been completed)**

*In future assessments, try and develop and justify your answers/evidence in greater depth, further supporting your work with detailed, practical examples.*

<b>Learner Signature</b>	<i>Candidate B</i>	<b>Date</b>	<i>May 2018</i>
<b>Assessor Signature</b>	<i>Assessor B</i>	<b>Date</b>	<i>May 2018</i>

**External Quality Assurer commentary****Task 4****Band awarded for this assessment criterion – Band 2****Justification for the awarded grade:**

The learner has tried to apply the FITT principle, but this is inconsistent and lacking in detail. All activities are suitable, however information such as intensities and timings are not detailed or on occasion accurate. The description provided for the suitability of the training methods lacks the necessary specific detail and depth. However, the programme does focus on improving body composition and power.

When reviewing the success of weeks 1 and 2 of the health and fitness programme, this was recorded well but lacks specific detail. The learner accurately adapted the health and fitness programme based on the feedback provided, however elements of the FITT principles were lacking. The explanation of these changes was accurate, however more detailed reasoning was required.

Upon completion of the health and fitness programme, the learner provided a suitable review of the programme as a whole. They summarised the progress made based on the fitness test results, and drew some conclusions on the effectiveness of the health and fitness programme. Descriptions were suitable, however these were lacking in depth. These linked to the SMART targets and suggestions for future training were provided.

**Please then explain what would be 'missing' for this work to have been –****Level 1 Merit**

Fitness tests would have been completed and results would be recorded. The learner may have only completed each test once and accuracy of the results may be limited.

The learner would have provided an outline health and fitness plan, with appropriate activities. However, detail would be lacking throughout the training programme and descriptions of activities would be brief. Some elements of the programme may be more appropriate than others, however learners will have to produce an appropriate outline plan. A brief rationale would have been provided to give reasons for the choice of activities and their timings. Some activities will have a clear link to improving body composition and power.

Following the first 2 weeks of the programme, the learner would have reviewed the health and fitness programme and some elements would be appropriate. The review would have been documented and some appropriate changes have been made to the health and fitness programme with a brief explanation.

Upon completion of the health and fitness programme, the learner would have drawn some basic conclusions about the effectiveness of the health and fitness programme, with links made to the health and fitness tests and the SMART targets.

**Explain what would be 'included' for this work to have been –**

**Level 2 Distinction**

L2 Distinction would have been awarded for this assessment objective due to the high quality work produced by the learner. In order to achieve this grade, the learner had to undertake fitness tests before and after the health and fitness programme. Following completion of the initial fitness tests, the learner produced an appropriate 4 week health and fitness programme. They worked with the client to complete 2 weeks of the programme and completed an in depth review of the programme. Necessary amendments were made to the programme and then the client completed weeks 3 and 4 of the programme. Upon completion of the programme, the learner re-tested the client to determine if any progress had been made.

Following all of the above, the learner then provided a summative report, outlining the start and end points of the client and provided a clear rationale as to why the relevant improvements had been made in relation to the health and fitness programme.

When conducting the fitness tests, the learner carried these out with accuracy throughout. The results were recorded appropriately in a tabular format using the correct measurements. The learner also identified that it was appropriate to conduct the vertical jump test 3 times to gain an average. The learner then accurately reviewed the results against normative data (taking into consideration the client's age / gender), referencing the source of the normative data.

The learner has produced a highly detailed and appropriate health and fitness programme for their client, taking into consideration all of the information obtained so far within the unit. This took into consideration information from the PAR-Q, lifestyle questionnaire and SMART targets and was highly appropriate for their client. A detailed summative explanation of the selected training methods was provided, and these were clearly linked to improving the body composition and power of the client.

The success of weeks 1 and 2 was reviewed in a detailed manner, documenting this on an appropriate template. The learner used the information provided by the client to improve the programme appropriately by reducing the intensity of the sessions and changing some of the activities.

Upon completion of the health and fitness programme and the post programme fitness tests, the learner has provided an accurate and detailed conclusion to summarise the effectiveness of the health and fitness programme. They have also identified future areas of focus for the client and ways in which the SMART targets could be achieved.

**Assessor Feedback to Learner – Task 5**

Commented [A51]: Band 2

<b>Learner Name</b>	<i>Candidate B</i>	<b>Qualification No &amp; Name</b>	<i>NCFE Level 1/2 Technical Award in Health and Fitness</i>
<b>Assessor Name</b>	<i>Assessor B</i>	<b>Task(s)</b>	<i>Task 5</i>
<b>Please list the tasks and assessment objectives which were achieved</b>			
<p><i>For your own personal development it is important to be able to evaluate your own performance.</i></p> <p><i>using your completed learner log from tasks 1-4, carry out an evaluation of the project.</i></p> <p><i>You should make reference to the learner log where appropriate.</i></p>			
<b>Feedback from Assessor to Learner</b>			
<p><i>Well done Candidate B, you have provided a review of your own performance throughout this project. You have reflected on what you think went well and what you feel you could improve if you were to complete the project again.</i></p>			
<b>Comments from Learner</b>			
<p><i>This part surprised me the most. I enjoyed reflecting on all of the things I have done to complete this unit and this has helped me to reflect on my own skills and think about what I would change if I was to do something like this again. I have lots of ideas now and can't wait to continue to study this subject further.</i></p>			
<b>Has the learner achieved or not yet achieved?</b>		<b>Achieved</b>	

<b>Any further actions? (Please initial and date once actions have been completed)</b>			
<p><i>In future assessments, try and develop and justify your answers/evidence in greater depth, further supporting your work with detailed, practical examples.</i></p>			
<b>Learner Signature</b>	<i>Candidate B</i>	<b>Date</b>	<i>May 2018</i>
<b>Assessor Signature</b>	<i>Assessor B</i>	<b>Date</b>	<i>May 2018</i>

### Marking Guide

<b>/\</b> word missing	<b>sp</b> spelling	<b>p</b> punctuation	<b>gr</b> grammar
<b>ex</b> poor expression	<b>T</b> wrong tense	<b>?</b> meaning unclear	
<b>Cp</b> capital letter	<b>//</b> new paragraph	<b>!</b> not sure what this is—incoherent	

SAMPLE

**External Quality Assurer commentary**

**Task 5**

**Band awarded for this assessment criterion – Band 2**

**Justification for the awarded grade:**

The log and reflection was completed in full, however, some of the descriptions and reasoning lacked detail. There were elements that the learner could have expanded upon further and areas which had some inaccuracies.

The reflection suggested a range of accurate elements that went well and some that could have been improved further, however some of the detailed reasoning was lacking.

**Explain what would be 'missing' for this work to have been a:**

**Level 1 Merit**

The log and reflection would have been completed in more of a brief manner with some errors throughout. The log would have been more of a bullet point list and would be lacking significant detail.

The reflection would have been more of an identification of what had worked well and what could be improved, however these would have been more vague and descriptions as to the reasons for these would have been lacking.

**Explain what would be 'included' for this work to have been a:**

**Level 2 Distinction**

The learner would have provided a thorough log which demonstrates what had been completed throughout the whole of the project. The project log would be completed in detail and would be accurate throughout.

The subsequent reflection would provide a clear insight into what the learner felt went well and what they felt could be improved further. These elements would be completed well; they would be well structured, appropriate reasoning would be provided and a lot of thought would have gone into completing the task. When reflecting on what could be improved further, the learner would have provided some suitable suggestions and articulated these clearly.



**Overall Grade**

Using the grading calculator on NCFE's website and the grades allocated the overall grade is below:

AO1 – Band 2

AO2 – Band 2

AO3 – Band 2

AO4 – Band 2

AO5 – Band 2

**Overall grade = Level 2 Pass**

SAMPLE