

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

Examined assessment

Paper number: **Past paper**
Assessment date: **Tuesday 4 June 2024**

Time allowed: **1 hour 30 minutes**
Time: **9.00am – 10.30am**

Learner instructions

- Use black 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.
- If you use a supplementary answer booklet, you must add your learner name, learner number and centre number to the front cover of the booklet. Insert your supplementary answer booklet inside this question paper at the end of your test.
- 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**.

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

Please complete / check your details below

Learner name:

Centre name:

Learner number:

Centre number:

Section A

This section has a possible **21** marks.

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

- 1** Which **one** of the following is a structure of a vein?

[1 mark]

- A** Narrow lumen
- B** One cell thick
- C** Thick walls
- D** Wide lumen

Answer _____

- 2** Which **one** of the following blood vessels delivers oxygenated blood to the body?

[1 mark]

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

Answer _____

3 Which **one** of the following bones' main function is protection?

[1 mark]

- A Fibula
- B Radius
- C Sternum
- D Ulna

Answer _____

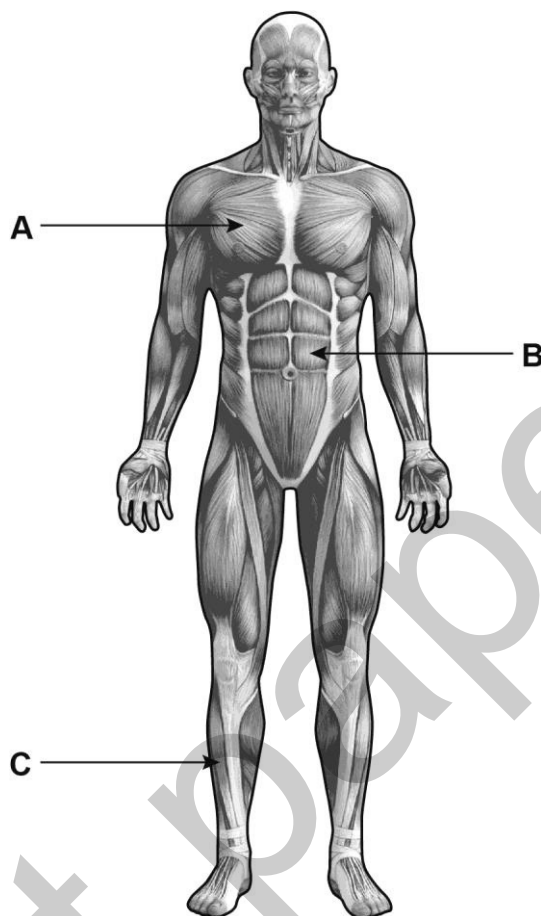
4 Name **one** short bone.

[1 mark]

Please turn over for the next question.

5 (a) **Figure 1** shows muscles in the human body.

Figure 1



Identify the muscles labelled **A**, **B** and **C** in **Figure 1**.

[3 marks]

A

B

C

5 (b) State **two types** of muscle.

Describe how the function of **each** muscle type helps in health and fitness activities.
[4 marks]

Muscle type 1 _____

Description _____

Muscle type 2 _____

Description _____

6 Give **one** example of when an individual would use the aerobic energy system in a health and fitness activity.

Justify your choice.

[3 marks]

Example _____

Justification _____

- 7 Give **two** health and fitness activities suited to fast twitch muscle fibres.

Justify **one** of the activities you chose.

[4 marks]

Activity 1 _____

Activity 2 _____

Justification _____

- 8 The knee is a synovial joint.

Analyse how **three** structures of the knee joint help an individual to perform health and fitness activities.

[3 marks]

1 _____

2 _____

3 _____

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Please turn over for the next question.**

Section B

This section has a possible **21** marks.

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

- 9** Which **one** of the following tests measures muscular strength?

[1 mark]

- A** Bruce protocol test
- B** Handgrip dynamometer test
- C** Multi-stage fitness test
- D** Sit-up test

Answer _____

- 10** Which **one** of the following is the equation to predict maximum heart rate (MHR)?

[1 mark]

- A** $\text{MHR} = 220 \div \text{age}$
- B** $\text{MHR} = 220 + \text{age}$
- C** $\text{MHR} = 220 - \text{age}$
- D** $\text{MHR} = 220 \times \text{age}$

Answer _____

- 11 Which **one** of the following is a short-term effect of participating in health and fitness activities? [1 mark]

- A Cardiac hypertrophy
- B Decreased resting heart rate
- C Increased depth of breathing
- D Muscle hypertrophy

Answer _____

- 12 Describe the procedure for the alternate hand wall toss test. [4 marks]

13 (a) Define 'muscular endurance' **and** 'flexibility'.

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

[4 marks]

Definition of muscular
endurance _____

Example _____

Definition of flexibility _____

Example _____

13 (b) Give **one** example of when an individual would use explosive strength in a health and fitness activity.

Justify your choice.

[3 marks]

Example _____

Justification _____

- 14** Amelia is following a weight training programme.

Explain how Amelia would apply the principles of overload to make progress in training.

[4 marks]

- 15** Jacob is training for a 100 mile charity cycle ride. He hopes to complete the ride over a period of two days.

Suggest a suitable training method that would build up Jacob's fitness so he can complete the ride.

Justify your choice.

[3 marks]

Training method

Justification

Section C

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

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

- 16** Which **one** of the following describes when a PAR-Q questionnaire would be completed?

[1 mark]

- A** After an individual has completed each session
- B** Before an individual has completed each session
- C** Prior to an individual taking part in an exercise programme
- D** Whilst an individual is taking part in an exercise programme

Answer _____

- 17** Which **one** of the following is a possible outcome of an active lifestyle?

[1 mark]

- A** Increased stress
- B** Muscle wastage
- C** Weight gain
- D** Weight loss

Answer _____

- 18 Which **one** of the following activities is classed as a 'vigorous intensity activity' by the NHS as part of their physical activity guidelines?

[1 mark]

- A Aerobics
- B Brisk walking
- C Dancing
- D Rollerblading

Answer _____

Please turn over for the next question.

- 19 (a)** Give **three** reasons why an individual would keep a food diary when they are completing a health and fitness programme.

[3 marks]

1 _____

2 _____

3 _____

- 19 (b)** Chloe is running a marathon in one week's time.

Suggest a key nutrient in her diet that she should consume a lot of in the week ahead to help her performance, other than water.

Justify your choice.

[4 marks]

Key nutrient _____

Justification _____

19 (c) After Chloe has completed the marathon, she needs to rest and recover.

State **two** ways she could speed up her recovery.

Explain how **each** way will help with the process.

[4 marks]

Way 1 _____

Explanation _____

Way 2 _____

Explanation _____

20 Diet and alcohol are two lifestyle factors.

State **three other** lifestyle factors.

Explain how **each** factor could have a **negative** effect on performance in health and fitness activities.

[6 marks]

Lifestyle factor 1 _____

Explanation _____

Lifestyle factor 2 _____

Explanation _____

Lifestyle factor 3 _____

Explanation _____

Section D

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

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

- 21** Assess the benefits of a warm-up for an individual who is about to take part in a 5 km run.

[9 marks]

Past paper

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Past paper

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This is the end of the examined assessment.

Past paper

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