

## Unit 1 Extended response questions worksheet 1 - Exercise 1

| NCFE Level 1/2 Technical Award in Health and Fitness: Unit 1 |  |          |  |
|--|--|----------|--|
| First Name:  |  | Surname: |  |

| Question   |
|--|
| Discuss whether an individual who is described as fit, can also be described as healthy. [6 marks]   |
| Tips:  |
| <ol style="list-style-type: none"><li>1. First look at the number of marks that has been allocated. In this question there are '<b>6 marks</b>' available.</li><li>2. Secondly look at the key words in the question which will give you some indication of how you should respond to the question. In this question, the key word is as follows...<br/><br/><i><b>Discuss</b> whether an individual who is described as fit, can also be described as healthy?</i></li><li>3. Even though the word 'Discuss' is a key indicator of the level of response required, don't assume you just need to 'explain' and 'describe' in your response to this question.</li><li>4. As a general rule, for any questions with <b>6 marks</b> allocated, you should look to provide the following in your answer:<ol style="list-style-type: none"><li>a. Try to demonstrate a <b>wide</b> range of knowledge and understanding</li><li>b. Ensure your answer is <b>accurate</b> and <b>detailed</b></li><li>c. Subject specific terminology is used <b>consistently throughout</b></li><li>d. Make sure your response is <b>relevant</b> and in <b>context</b></li><li>e. <b>Analysis</b> and <b>Evaluation</b> is present and <b>very effective</b></li><li>f. Your <b>conclusions</b> are fully <b>supported</b> by <b>judgements</b></li></ol></li><li>5. Finally, to help you demonstrate a '<b>wide</b>' range of knowledge and understanding, you should consider what '<b>indicative content</b>' the question is looking for. This is the basic knowledge areas the question is asking you to focus on.</li></ol> <p>The following activities will help you to break this question down so you understand how to respond to questions of this nature.</p> |

**Activity 1**

To demonstrate a '**wide** range of knowledge and understanding', you should first consider the '**indicative content**' related to this question. The question is asking about an individual who is described as '**fit**' and '**healthy**'. Therefore, as a starting point, before you answer this question you need to consider the descriptions of **fitness** and **health**. Describe health and fitness below:

Fitness:

Health: (also consider the 3 aspects of health in your description)

**Activity 2**

To support **analysis** and **evaluation**, you should always consider all possible answers to this question. Highlight all the potential outcomes of the relationship between health and fitness below.

Example:

*You can be fit, but not physically healthy*

**Activity 3**

Now that you have described the terms health and fitness above and possible answers to the question, you should now consider how you could **discuss**, whether someone who is described as fit, can also be described as healthy? To do this, write some reasons below why you think someone who is described as fit could or could not be described as healthy too.

Reasons why someone who is described as fit, **could** also be described as healthy:

Reasons why someone who is described as fit, **could not** also be described as healthy:

**Activity 4**

Including good examples will strengthen your response. For this activity, can you give some examples for your reasons highlighted in activity 3?

Example:

*You can be fit, but not physically healthy, for example a person could be able to complete marathon in time which is above average, however have a diet which consists of lots of unhealthy foods.*

**Activity 5**

For this activity, try to summarise all your points covered as part of your final answer to the question. Try to structure your answer using the following headings.

Fitness can be defined as...

Health can be defined as...

An individual who is described as fit could be described as healthy, because...

An example of this could include...

An individual who is described as fit could not be described as healthy, because...

An example of this could include...

Conclusions (ensure your conclusions are supported by judgements)

**Activity 6**

For the final activity and using the information and structure from activity 4, try to write the full answer in response to the question. Remember, your answer must...

- demonstrate a **wide** range of knowledge and understanding
- be **accurate** and **detailed**
- include subject specific terminology that is used **consistently throughout**
- be **relevant** and in **context**
- present **analysis** and **evaluation effectively**
- include **conclusions** that are fully **supported** by **judgements**

Final response to question:

**ncfe.**

**v.certs**