



Examiners' Report Lead Examiner Feedback

January 2021

Pearson BTEC Nationals
In Sport (31525H)
Unit 2: Fitness Training and Programming for
Health, Sport and Well-being

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Introduction

This was the seventh exam series for the Level 3 Nationals specification for Unit 2: Fitness Training and Programming for Health, Sport and Well-being. The unit is a combination of several previous QCF units such as Exercise, Health & Lifestyle, Fitness Training and Programming, Nutrition and Fitness Testing. There have been no major changes to the format of the examination from the previous exam series.

The task-based assessment followed the same format as previous series with the emphasis being around a different scenario. The task-based assessment is split into 6 questions which are all open response answers and are awarded different marks.

Question 1 identified the different lifestyle factors of the chosen individual within the scenario as well as assessing their health monitoring test results. There was a total of 12 marks for this question.

Question 2 covered the different lifestyle modification techniques that were appropriate for the individual and would be awarded a total of 12 marks.

Question 3 would ask the learners to propose and justify nutritional guidance for the selected individual and would be awarded a total of 8 marks.

Question 4 covered different training methods for the selected individual and would be awarded a total of 8 marks.

Question 5 asked the learners to design weeks 1, 3 and 6 of a 6-week training programme taking into account the individuals training needs and would be awarded a total of 6 marks.

The final question looked at giving a justification of the design of the training programme that learners had completed in the previous question, taking into consideration the principles of training, and this would be awarded a total of 14 marks.

Introduction to the Overall Performance of the Unit

Learners are starting to perform consistently better across the paper following previous exam series. Learners are giving more detailed answers that are both taken from the unit specification as well as being made specific to the given scenario and individual. Learners appear to be using their preparation and research time effectively before part B is released and utilising the use of their notes within the controlled assessment period.

The scenario for this exam series was based around a 48-year-old male who works full time as a lorry driver. The individual had been working as a Lorry driver for 20 years and this had a negative impact on his general lifestyle and wellbeing. The individual was sedentary and did not take part in any physical activity. His diet was very poor and as a result his health monitoring test scores needed considerable improvement. This type of scenario, with a sedentary individual, has been used before and learners seem to respond better to this approach as opposed to a sport specific scenario. This individual would need to improve in majority of his lifestyle requirements and his health monitoring test results.

Question 1 responses again performed consistently well across the board due to the amount of information that was available for the learners to discuss within Part A and Part B of the scenario. The scenario allowed for all of the lifestyle factors from the specification to be discussed and their implications on the health and wellbeing of the individual. All four health monitoring tests were also accessible from the scenario. Majority of the responses performed consistently well as learners had a lot of information that they could use within their answer.

Question 2 is responding consistently better each exam series with learners giving more specific lifestyle modification techniques from the specification for the chosen individual. This series allowed for the learners to give lifestyle modification techniques based around exercise, smoking and stress. A large proportion of learners gave lifestyle modification techniques taken from the specification and justified these to some extent. The better responses also linked the barriers to change to each lifestyle modification technique for each of the three different targeted lifestyle factors for this individual.

Question 3 performed well this series as learners are starting to understand the type of nutritional guidance that should be proposed from the specification for each individual. Learners that proposed guidance around

the recommended daily allowance of calories, macronutrients, micronutrients and hydration would have gained higher marks.

Question 4 performed well this series as the scenario allowed for training methods to be proposed for aerobic endurance, muscular endurance, flexibility and core stability. The individual within the scenario did not have a lot of spare time to exercise or go to the gym and therefore learners had to apply the training methods around this scenario. Learners seem to respond better to this style of scenario and therefore can provide the correct training methods that are suitable.

Question 5 performed consistently with previous exam series although there was an increase challenge in making the 6 week plan specific and relevant to the individual's lifestyle. The individual wanted to continue as a lorry driver and therefore some learners found it hard to plan exercise sessions around this work commitment.

Question 6 is performing better each exam series with a high proportion of learners now giving responses based around the principles of training that they had implemented into their 6-week training programme. The better responses saw learners justify in detail each of the principles of training, including the FITT principle, while making them relevant to the individual in the scenario. More learners are responding to the question by justifying the design of the programme with its aims and objectives, resources needed, the SMARTER principle and also covering periodization.

For this examination series, the mark scheme for unit 2 had the following percentage weighting for the different questions and traits;

Question/Traits	1	2	3
1	35%	35%	30%
2	30%	50%	20%
3	40%	60%	
4	40%	60%	
5	40%	60%	
6	70%	30%	

This was taken into account when marking the learner work and placing their answers into the relevant mark bands to decide their overall score for each question. This percentage weighting for the mark scheme may change every examination series to come in line with the current scenario being applied.

Individual Questions

The following section considers each question on the paper, providing examples of popular learner responses and a brief commentary of why the responses gained the marks they did. This section should be considered with the live external assessment and corresponding mark scheme.

Question 1 – Interpret the lifestyle factors and screening information for Trevor Bishop.

Majority of the marks would be awarded if learners could identify the lifestyle factors from the screening information and describe these comprehensively. The lifestyle factors that should be covered are Sleep, Diet, Exercise, Smoking, Alcohol, Stress and a Sedentary Lifestyle.

Learners should also be able to give a detailed analytical approach of the lifestyle factors identified for the chosen individual, leading to an interpretation of their impact on their health and wellbeing. The interpretation should have specific relevance to the health and wellbeing of the individual.

Learners also needed to give a detailed analytical approach and interpretation of the health monitoring test results for the chosen individual. The interpretation should be made specifically relevant to the individual and their health and lifestyle. All 4 health monitoring test results should be covered from Resting Heart Rate, Blood Pressure, Waist to Hip Ratio and Body Mass Index (BMI).

This response gained 12 out of 12 marks.

Taskbook

Please do not write answers outside the spaces provided.

You must complete all activities in this taskbook.

- 1 Interpret the lifestyle factors and screening information for Trevor Bishop.

(12) Q01

Trevor has one positive lifestyle and that is his alcohol consumption. Even though he consumes 3 units of alcohol a week, the government recommend under 14 units of alcohol per week. As he is a lorry driver this is good. This means that he isn't being affected by alcohol. It wouldn't be good if he consumed more than 14 units of alcohol each week as this would increase the chances of him having a higher blood pressure as it is so high already. This shows that alcohol isn't a reason for Trevor's poor health monitoring test results.

The 1st of many negative lifestyle factors for Trevor is the amount he smokes. He smokes 10 cigarettes a day which is awful. Smoking can cause so much harm to the body, like lung disease, strokes and increase chances of heart attack. The government recommend that people shouldn't smoke at all and if they do then they should use smoking aids or E-cigarettes. These are ways in which people can stop smoking. As smoking clogs up the arteries it means that his blood pressure is going to be high and this would impact his resting heart rate.

as more pressure is needed so blood can get around the body. Comparing his results to normative data. He has a high blood pressure and his resting heart rate is poor for his age. This is very concerning for him as his chances of having a heart attack his high and other health problems can occur for Trevor. This is the most important for Trevor to change as it will cause the most harm to his body and as he is doing and may of been doing it for some time, it could be soon.

The 2nd of many is the amount of sleep that he gets. He only gets 5 hours sleep which isn't good. Trevor needs to be getting 3 more hours of sleep in order to be ready for the next day ahead. The government recommend that the average person should get 8 hours of sleep. They say that no electronic devices should be on before 1 hour before. Trevor needs to do this as he shouldn't be wanting to feel tired as he is a lorry driver. If he does on his job then this could be dangerous for him as a lack of concentration could cause mayhem for him on the roads. The lack of sleep also means he will be stressing more. If he is trying to pass time before he sleeps this could mean that he eats more as he is bored. This could play a part in why he is in the obese range compared to normative data. Also in why his waist to hip ratio is at risk, compared to normative

data. So if he can get 3 more hours of sleep this could mean that his stress levels will go down and he won't be eating as much.

Another negative lifestyle that Trevor has is the amount of exercise that he does. He does 0 exercise which is far off from what the government recommend. They recommend 150 minutes of exercise each week. Doing physical activity can ~~play~~ play a huge part in the other lifestyle factors. Doing physical activity could mean that Trevor may not stress as much meaning he could get in more sleep. Doing no exercise means that Trevor has scored poorly on all of his health monitoring results. As he does no exercise all the junk that he eats will stack up and stack up. This is why he has an awful waist to hip ratio. Sure as all the fat will build up in his stomach area and in his hips. Also, he is obese in the bmi scale because he is doing nothing in order to burn off the calories. His heart rate will be ~~low~~^{high} because of the blood pressure and stress he suffers. As his arteries are getting clogged and Trevor is doing nothing about it, this means that the blood will need to use more force in order to get past that and to the heart.

Another negative lifestyle is his diet. His diet is awful. Looking at Trevor's diet you can tell that he doesn't follow the eatwell guide and that is what the government recommend people to do. Trevor will need to follow the eatwell guide in order to be feeling better overall. If Trevor keeps eating junk then this will mean that he will feel bad and have a negative mindset which would lead to Trevor stressing more. Trevor needs to follow the eatwell guide and eat more healthy foods so he feels better about himself. As he is consuming fatty foods this is why his waist to hip ratio is at risk compared to normative data. As he is eating fatty foods it is going to his hips meaning they are getting bigger. Also he is obese in the BMI scale because of how much he eats and how bad it is and he is doing nothing about it. As they're fatty foods this means that his arteries are getting clogged meaning his blood pressure is high and his resting heart rate is high as well. He needs to follow the eatwell guide and cut down on the fatty foods.

(Total for Activity 1 = 12 marks, Q01_Total)

1) Another negative lifestyle factor for Trevor is the stress that he suffers. Trevor suffers from a lot of stress due to the fact that he has to drive in bad conditions all the time and he has to meet tight deadlines. The government recommend that people should do calm breathing exercises like meditation or ~~plan~~ plan their day out and try and manage their time so they know what's ahead and they won't stress as much. Trevor should plan his day out, so he knows what is coming up and he should not stress as much. Increase stress means increase resting heart rate. As he stress a lot this means his heart will beat quicker. This plays a part in why his resting heart rate is poor compared to normative data.

2) The last negative lifestyle is the lifestyle he lives. A sedentary lifestyle. As he is a lorry driver this will mean that he will be in the same position for a long period of time. When he does get time out of his lorry he needs to be walking around so he is doing the tiniest bit of exercise. The government recommend that people should walk around when they go on phone calls or go on a walk in general. Him staying in the same position means that he is doing nothing what so ever. Meaning that his health monitoring results are going to be bad compared to normative data. His resting heart rate is going to be high and his hip to waist ratio is going to be bad as he is staying in the same position.

The learner has interpreted and comprehensively described all of the relevant lifestyle factors from the screening information. Alcohol, smoking, sleep, physical activity, diet, stress and sedentary lifestyle have all been covered by the learner. This part of the answer has fallen into mark band 4 for trait 1 of the mark scheme.

The learner has also given a detailed analytical approach to the interpretation and impact of each of the lifestyle factors which has been made specifically relevant to the health and wellbeing of the individual. This part of the answer has fallen into mark band 4 for trait 2 of the mark scheme.

There has also been a detailed analytical approach leading to the interpretation of the health monitoring test results and the interpretation has been made specifically relevant to the individual by linking the health test results to specific lifestyle factors. This part of the answer has fallen into mark band 4 for trait 3 of the mark scheme.

Activity 1

Assessment focus	Band 0	Band 1	Band 2	Band 3	Band 4
	0	1–4	5–7	8–9	10–12
Interpret lifestyle factors and screening information for an individual	No rewardable material.	<p>Lifestyle factors are identified from screening information.</p> <p>An interpretation of the impact of the lifestyle factors might be attempted, however has limited relevance to the health and wellbeing of the individual.</p> <p>An interpretation of health monitoring test results might be attempted, however is generic, lacking relevance to the individual.</p>	<p>Lifestyle factors are identified from screening information, and are described.</p> <p>Attempted analytical approach leads to an interpretation of the impact of the lifestyle factors; interpretation demonstrates general relevance to the health and wellbeing of the individual.</p> <p>Attempted analytical approach leads to an interpretation of health monitoring test results; interpretation is generally relevant to the individual.</p>	<p>Lifestyle factors are identified from screening information, and are described in detail.</p> <p>Analytical approach leads to interpretation of the impact of the lifestyle factors; interpretation demonstrates relevance to the health and wellbeing of the individual.</p> <p>Analytical approach leads to interpretation of health monitoring test results; interpretation is relevant to the individual.</p>	<p>Lifestyle factors are identified from screening information, and are comprehensively described.</p> <p>Detailed analytical approach, leading to an interpretation of the impact of the lifestyle factors; interpretation has specific relevance to the health and wellbeing of the individual.</p> <p>Detailed analytical approach, leading to an interpretation of health monitoring test results; interpretation is specifically relevant to the individual.</p>

Each scenario for all exam series will always allow for all seven lifestyle factors to be identified and therefore interpreted in the correct manner. Each scenario will also allow for all four health monitoring test results to be interpreted by the learner.

This response gained 4 out of 12 marks.

Taskbook

Please do not write answers outside the spaces provided.

You must complete all activities in this taskbook.

- 1 Interpret the lifestyle factors and screening information for Trevor Bishop.

(12)

From the lifestyle factors that Trevor has told us they are all negative. Trevor wants to lose weight, he lives 1 mile away from his work, instead of him driving he can walk or cycle if he has a bike. By doing this he is being active and walking rather than driving. Another piece of information we found out was that he drinks and smokes. This can be helped by lowering the amount of alcohol and cigarettes he has. Trevor could use Alcoholics Anonymous (AA) to lower his drinking and can also use nicotine patches to help with his smoking. Trevor also told us that he consumes 2/3 cups of tea a day and 4/5 fizzy drinks a day which is lots of caffeine and sugar. which is unhealthy. Working as a lorry driver Trevor is living a sedentary lifestyle, this is unhealthy because little to no exercise is being done. Trevor said he experiences stress and only gets 5 hours of sleep. Stress can be caused by a lack of sleep. 5 hours of sleep is lower than the recommended which is 7-9 hours.

From Trevors ~~Health~~ health condition test we can see that he has a higher than ~~test~~ healthy blood pressure, a average resting heart rate, a BMI score of 39 which classes him as overweigh and a higher hip to waist ratio than a healthy person.

The learner has interpreted and described Physical Activity, alcohol, smoking, sedentary lifestyle, stress and sleep from the given scenario. This part of the answer has fallen into mark band 2 for trait 1 of the mark scheme.

An interpretation of the impact of the lifestyle factors has not been attempted by the learner as they have not covered any detail on how the negative lifestyle factors would impact Trevor. This part of the answer has fallen into mark band 0 for trait 2 of the mark scheme.

The learner has briefly covered all four health monitoring tests, but credit has only been awarded for blood pressure and waist to hip ratio. The learner has interpreted BMI and resting heart rate incorrectly and therefore this part of the answer has fallen into mark band 2 for trait 3 of the mark scheme.

Question 2 – Provide and justify lifestyle modification techniques for Trevor Bishop.

The higher band of marks were awarded here for proposed lifestyle modification techniques that demonstrated specific relevance to Trevor's lifestyle and his requirements. A learner should be able to give lifestyle modification techniques based around smoking, stress and physical activity. If a learner was to propose at least one technique from the specification for each of the 3 identified lifestyle factors, then their response would fall into mark band 4 for trait 1.

A learner should also be able to give a justification for the proposed modification techniques that are specifically relevant to the individual's lifestyle factors. The specification states different lifestyle modification techniques for smoking, physical activity and stress. Learners should be able to justify in detail at least one lifestyle modification technique from all three of these lifestyle factors making them specifically relevant to the chosen individual in the scenario. Learners should also take into consideration the 'barriers to change' while justifying their proposed lifestyle modification techniques to fall into mark band 4 for trait 2 of the mark scheme.

A learner should also be able to give proposals of lifestyle modifications that systematically link to the lifestyle factor analysis. The proposals given should demonstrate an understanding of significance, i.e. which is the most important lifestyle modification technique and why.

This response gained 11 out of 12 marks.

2 Provide and justify lifestyle modification techniques for Trevor Bishop.

(12) Q02

Physical activity should be modified as it is a negative lifestyle factor that regular for Trevor. There are many different ways Trevor can improve physical activity which may be going on walks during break/lunch, doing some home exercises such as plank, pressups, situps etc. Trevor lives only 4 mile from work of which he can either walk or cycle to work which would input towards meeting government regulations of 150 minutes aerobic activity. I think most beneficial would be to go on walks as its low intensity exercise that can be done anywhere at any time therefore location, cost wouldn't be barriers. Trevor can overcome time as he can go out during break/lunch to do some ~~best~~ physical activity such as walking or he may walk/cycle to work.

Smoking should also be modified as it's a negative factor. There are many different modification techniques Trevor can do such as acupuncture, nicotine patches, NHS Helpline. I think nicotine patches would be most suitable as he smokes such an excessive amount therefore other techniques such as NHS Helpline wouldn't be as good as it wouldn't help him stop smoking as soon as. However cost may be an issue as this process costs. Location may be an issue as Trevor is always driving around the country. Transport wouldn't be an issue as he drives therefore would be able to transport to the location. Time wouldn't be an issue as he can go before work / after work whilst he's at home or maybe on his lunch break.

Stress should also be modified as it's a negative factor. Different modification techniques may include things such as reducing work load, doing physical

activity, relaxation techniques etc. I think that Trevor should take part in physical activity as it wouldn't have any barriers as it can be done anywhere at any time and wouldn't cost anything. Compared to other techniques I think this will be beneficial as others may not help or they may not be suitable that barriers may come in the way.

Overall, I think that Trevor should improve physical activity out of all of these as if Trevor spends his time doing physical activity he would spend less time smoking and it would reduce stress levels which would also improve sleep. Taking part in physical activity may will also help towards his aims and goals of wanting to lose weight and will meet steadily meet government recommendations of doing 150 minutes moderate aerobic exercise.

The learner has proposed lifestyle modification techniques that demonstrate specific relevance to the individual's lifestyle and their requirements from the targeted scenario. Lifestyle modification techniques have been suggested around Physical Activity, Smoking and Stress. The learner has given specific strategies taken from the specification to reduce smoking, reduce stress and strategies to increase the amount of physical activity. This part of the answer has fallen into mark band 4 for trait 1 of the mark scheme as the learner has proposed at least one technique from the specification for each of the three identified lifestyle factors.

The learner has also justified the proposed modification techniques and made them specifically relevant to the individual's lifestyle factors. The techniques that have been proposed have been justified in terms of the individual's lifestyle and work commitments and the 'barriers to change' have also been taken into consideration for Physical Activity, smoking and stress. This part of the learners' answer has fallen into mark band 4 for trait 2 of the mark scheme.

The lifestyle modification proposals do systematically and consistently link to the individual's lifestyle factor analysis and the proposals have been prioritised demonstrating a thorough understanding of significance. This part of the answer has fallen into mark band 4 for trait 3 of the mark scheme.

Activity 2

Assessment focus	Band 0	Band 1	Band 2	Band 3	Band 4
Proposed lifestyle modification techniques	0 No rewardable material.	1-3 Proposed lifestyle modification techniques are generic, with limited relevance to the individual's lifestyle or requirements. Justification for proposed modifications might be attempted, however has limited relevance to the individual's lifestyle factors. Linkage between proposals and factor analysis might be present.	4-6 Proposed lifestyle modification techniques demonstrate general relevance to the individual's lifestyle and requirements. Justification for proposed modifications are often present and are generally relevant to the individual's lifestyle factors. Proposals link to lifestyle factor analysis, although there may be occasional lapses.	7-9 Proposed lifestyle modification techniques demonstrate relevance to the individual's lifestyle and requirements. Justification for proposed modifications are present and are relevant to the individual's lifestyle factors. Proposals systematically link to lifestyle factor analysis; proposals demonstrate an understanding of significance.	10-12 Proposed lifestyle modification techniques demonstrate specific relevance to the individual's lifestyle and requirements. Justification for proposed modifications are present and are specifically relevant to the individual's lifestyle factors. Proposals systematically and consistently link to lifestyle factor analysis; proposals are prioritised, demonstrating a thorough understanding of significance.

The extra one mark would have been awarded if the learner had given a greater justification around the lifestyle modification technique for stress. The learner chose physical activity for Trevor to reduce his stress. The learner needed to justify this response in greater detail.

Each scenario for each exam series will always allow for lifestyle modification techniques to be proposed for either stress, alcohol, smoking and/or physical

activity. The learner must propose lifestyle modification techniques that are taken from the specification for each of the identified lifestyle factors that need to be addressed for the chosen individual. If the chosen individual does not smoke, then a learner would not need to propose a lifestyle modification technique for this factor.

This response gained 3 out of 12 marks.

2 Provide and justify lifestyle modification techniques for Trevor Bishop.

(12) Q02

Trevor's lifestyle has several areas where modification would help his goals ~~massively~~ massively.

However, there are barriers to change for Trevor. Time is a significant barrier as Trevor works 10 hour days leaving little free time. Location is another issue with Trevor being a long driver, he ~~might~~ might be in Europe for times on and so gym memberships etc are not a suitable suggestion for Trevor.

Trevor's Sedentary lifestyle has lots of areas for modification to take place. Trevor currently drives 1 mile to work everyday; instead Trevor could ~~walk~~ walk to work. This would increase activity levels leading to benefits such as relief of stress & depression. The six week training programme will modify Trevor's lifestyle further. This will have significant benefits to Trevor in all aspects. Physically as it will reduce his risk of chronic disease by reducing weight, Economically by potentially saving NHS resources in the future and is overall a great stress reliever.

Smoking is a further area Trevor

The learner has proposed lifestyle modification techniques that demonstrate general relevance to the individual's lifestyle and their requirements from the targeted scenario. Lifestyle modification techniques have only been proposed for Physical Activity as there are no other techniques taken from the specification. This part of the answer has fallen into mark band 2 for trait 1 of the mark scheme.

The justification for the proposed modification has been attempted, however has limited relevance to the individual's lifestyle factors. The learner has not proposed or justified other lifestyle modification techniques that would be more relevant to the individual. This part of the learners' answer has fallen into mark band 1 for trait 2 of the mark scheme.

The learner has provided some linkage between lifestyle modification proposals and lifestyle factor analysis as one modification technique for physical activity has been suggested. This part of the answer has fallen into mark band 1 for trait 3 of the mark scheme.

Question 3 – Provide and justify nutritional guidance for Trevor Bishop to meet his specific requirements.

The proposed nutritional guidance should demonstrate specific relevance to the individual's requirements. The recommended daily allowance of calories for the individual should be stated, quantities and sources of food for both macronutrients and micronutrients must be proposed as well as hydration levels. To make the nutritional guidance specifically relevant for Trevor, the learner must propose for him to adapt his diet to initially lose weight before maintaining a positive energy balance while starting an exercise training programme.

The proposed nutritional guidance should be justified making it specifically relevant to the individual's dietary requirements for their health and wellbeing. The fact that the chosen individual has not taken part in exercise before and needs to lose weight must be taken into consideration here if the learner's response is to fall into the higher mark bands.

This response gained 7 out of 8 marks.

- 3 Provide and justify nutritional guidance for Trevor Bishop to meet his specific requirements.

(8) Q03

As an ~~adult~~ adult male Trevor is required to consume 2,500 calories a day. In order to achieve his weight loss of, Trevor should consume 2,300 calories in a day in order to cause a calorie imbalance and to help him lose weight.

Trevor's ~~should~~ on meals should be made up from the following macronutrients: Protein, carbohydrate and fats. ~~Each meal~~ should contain Trevor's diet should be made up from between 15-20% protein. This helps his muscles to grow and repair when he starts exercising. He currently gets this from foods such as eggs, bacon and his burger. Ideally he'd consume his protein from foods like chicken, which are high in protein but low in fat.

Trevor will need to consume 55-60% carbohydrates which will fuel his body with energy. He currently gets his carbohydrates from sources such as bread and chips. Ideally he'd consume more polysaccharides (long lasting)

from sources such as wholemeal bread and brown pasta, rather than monosaccharides which are ~~fast~~ of start release sugars such as sweets. Carbohydrates are 4 calories a gram and will give Trevor enough energy for when he starts to exercise.

Trevor should aim to consume between 15-20% fat, which supports cell growth, ~~pro~~ and protects vital organs. Fats in Trevor's diet are cheese and oil which are both saturated. Ideally he should consume unsaturated fats from foods such as avocados. This fat will also provide Trevor with enough energy when he is exercising and to help lose weight, Trevor should reduce his fat intake as it is a high density of calories (9kcal per g).

Trevor will also need to consume micro nutrients in much smaller quantities. He should consume 900mg of Vitamin A, found in carrots and green vegetables to help with his vision. Vitamin B (20mg) is found in lean meat and eggs to help with brain health and releasing energy. 80mg of Vitamin C for functioning of collagen, found

in citrus fruits. 20mg of Vitamin D to help with the absorption of Calcium and can be absorbed to the body through sunlight.

He will also need to consume the following minerals. 1000mg of calcium for maintaining strong bones; found in milk and spinach - 8.7mg of iron; important for making red blood cells which carry oxygen around the body and found in beans and red meats. And fibre, to help with the digestive system found in wheatheat pasta and oats.

He Trevor should also consume 6-8 glasses of water daily to prevent dehydration, which causes cramps and sleepiness. Trevor should adapt his fluid intake, depending on climate, time of year and activity levels.

I will ask Trevor to consume Vitamin D supplements as he would not consume enough in the cab of his lorry, especially in winter. He could also take protein supplements to help with the growth.

(Total for Activity 3 = 8 marks)

Q03_Tot

Question Number	
Q3	and repair of muscles if he was to take his training to the next level.

The learner has proposed nutritional guidance that demonstrates specific relevance to the individual's requirements. The nutritional guidance is specific to the individual as they have covered all three macronutrients, their quantities and sources of food, micronutrients and sources of food, hydration and the recommended daily allowance of calories. This part of the answer has fallen into mark band 4 for trait 1 of the mark scheme.

The learner has also justified the proposed nutritional guidance in detail and made it relevant to the individual's dietary requirements. The justification considers that the individual needs to lose weight and why specific nutritional guidance has been proposed. This part of the answer has fallen into mark band 3 for trait 2 of the mark scheme.

Activity 3

Assessment focus	Band 0	Band 1	Band 2	Band 3	Band 4
Nutritional guidance	0	1-2	3-4	5-6	7-8
	No rewardable material	Proposed nutritional guidance is generic, with limited relevance to the individual's dietary requirements. Justification for proposed nutritional guidance has been attempted, however shows limited relevance to individual's dietary requirements.	Proposed nutritional guidance demonstrates general relevance to the individual's requirements. Justification for proposed nutritional guidance is generally relevant to the individual's dietary requirements.	Proposed nutritional guidance demonstrates relevance to the individual's requirements. Justification for proposed nutritional guidance is relevant to the individual's dietary requirements.	Proposed nutritional guidance demonstrates specific relevance to the individual's requirements. Justification for proposed nutritional guidance is specifically relevant to the individual's dietary requirements.

The extra one mark would have been awarded if the learner had justified the proposed nutritional guidance making it specifically relevant to Trevor and his dietary requirements. The learner justified well the nutritional proposal but there could have been more specific relevance made to Trevor and his individual needs.

This response gained 2 out of 8 marks.

- 3 Provide and justify nutritional guidance for Trevor Bishop to meet his specific requirements.

(8)

Trevor needs to make some big changes in his diet as he wants to see any changes to his body.

He needs to increase vitamin A which helps the function of his eye and the respiratory tract, this type of vitamin can be found in green veg such as broccoli.

He also needs to increase vitamin B, you get this from lean meat and eggs, this releases energy in food.

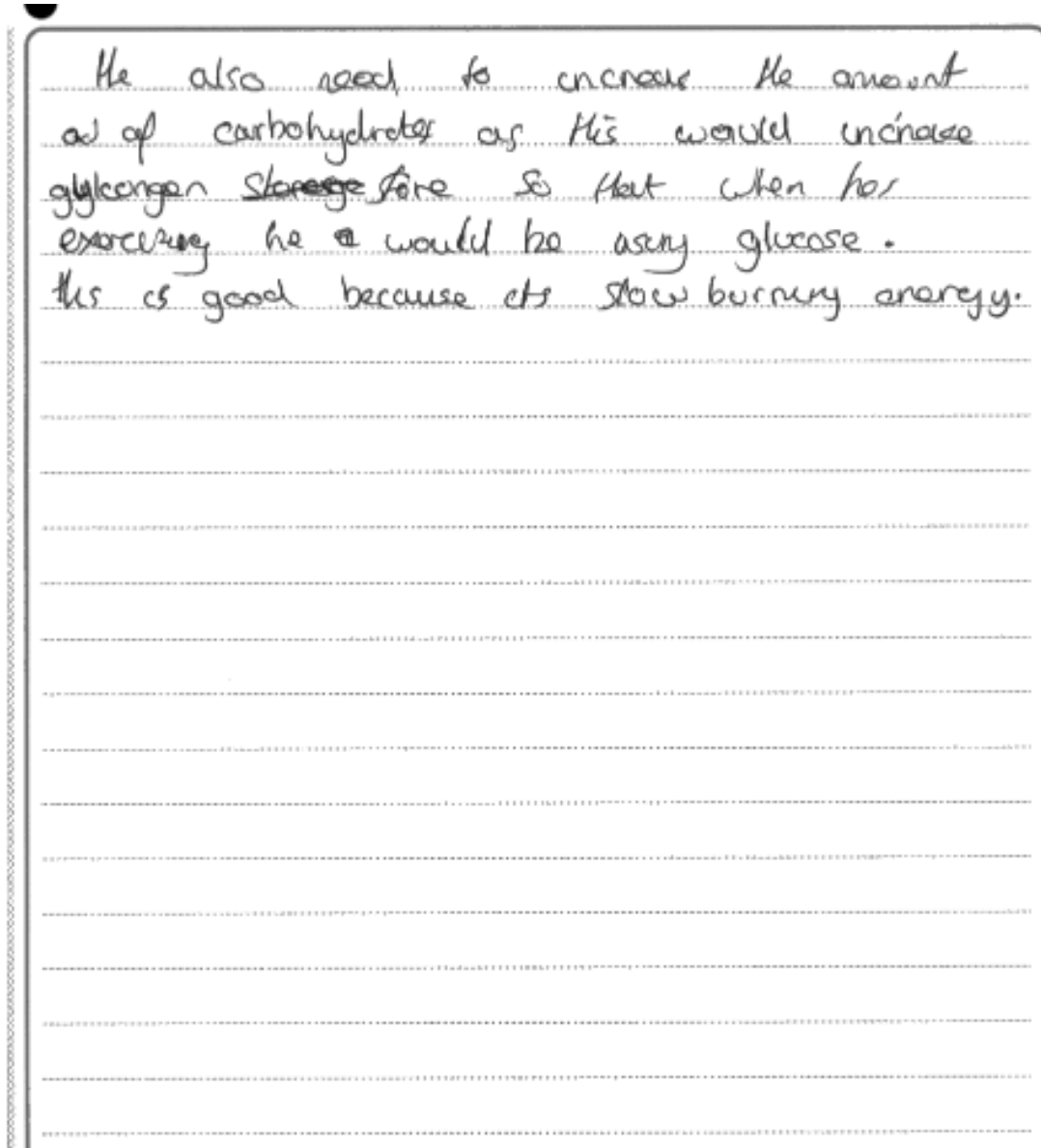
Vitamin C is essential for healthy skin, bone and tissue he can get this from citrus fruit and wedges.

Vitamin D helps you have healthy bones as it absorbs calcium you find this in fish and eggs.

He also needs to increase his calcium as it strengthens your bones and teeth, you find this in dairy products, meat, veg, and eggs.

If he starts exercising he would have to increase his protein intake and this would be key for repairing and rebuilding his muscle after exercise. Increase in protein in his diet after exercise would also decrease the chance of injury after.





The learner has only proposed nutritional guidance around micronutrients that is taken from the specification. Therefore, the nutritional guidance is generic with limited relevance to the individual's dietary requirements. While the learner has mentioned Protein and Carbohydrates, they have failed to talk about Fats which make up the macronutrients. This part of the learner's response has fallen into mark band 1 for trait 1 of the mark scheme.

The justification for the proposed nutritional guidance has been attempted, however shows limited relevance to the individual's dietary requirements as only micronutrients have been covered by the learner in some detail. This part of the learner's response has fallen into mark band 1 for trait 2 of the mark scheme.

Question 4 – Propose and justify different training methods that meet Trevor Bishop’s training needs.

To gain maximum marks for this question learners should be able to propose training methods that demonstrate specific relevance to the individuals training requirements. A learner should be able to propose training methods based around either Aerobic Endurance, Muscular Endurance, Flexibility or Core Stability. If a learner proposes at least one training method from the specification for three different components of fitness identified above, then they would fall into mark band 4 for trait 1.

A learner should be able to justify their proposed training methods identified making them specifically relevant to the individual’s training needs. Learners should be able to state which method of training would be most appropriate and why for the components of fitness highlighted in this scenario.

This response gained 7 out of 8 marks.

4 Propose and justify different training methods that meet Trevor Bishop's training needs.

(8)

Trevor is looking to continue as a lorry driver but wants to lose a large amount of weight and improve his general lifestyle. This means he needs to focus on improving these components of fitness; Aerobic endurance, Muscular endurance, core stability and flexibility.

Aerobic endurance is the ability of the cardiorespiratory system to deliver oxygen to the working muscles during sustained physical activity. Because Trevor is a beginner he can work in a fat burning zone, which is 60% of MHR. This can be calculated by doing $220 - 48 = 172 \text{ BPM}$, which is his MHR and then dividing 172 BPM by $0.6 = 103.2 \text{ BPM}$, which is 60% MHR. An example of aerobic endurance is continuous training, which can be done at a low intensity (60% MHR) for Trevor, as he's a beginner. For example, Trevor could go for a 30 minute walk at 60% of his MHR. Other types of aerobic endurance that

Trevor could do is fartlek or interval.

Muscular endurance is when a specific muscle or muscle group make repeated contractions over a significant period of time. A good example of muscular endurance is resistance training. For Trevor this would be using a light to moderate fixed resistance load. However, something to consider is that Trevor won't have access to a gym, when he is working 10 hour days as a lorry driver. So to adapt to this Trevor should use his body weight as resistance. For example, doing circuit training of squats, push ups and sit ups. This needs to be done at only 40-50% of Trevor's MHR to begin with, as he is not used to doing physical activity and I want to avoid his blood pressure getting too high. This allows him to burn fat and reduce his BMI and waist-to-hip scores on the health monitoring tests. An alternative method, would be to



keep some free weights in the lorry (dumbbells), and use them.

Flexibility is the adequate range of movement at a joint. This can be trained using stretches; active, passive, dynamic and PNF. Trevor could also do pilates or yoga, which is good for beginners and can also help reduce his blood pressure, as yoga helps blood flow. Core stability also links well with flexibility and muscular endurance, with training being similar. Core stability is the ability for the core muscles to assist in good posture and balance during physical activity. Therefore, I propose that Trevor mainly focuses on yoga and pilates, as well as sit ups.

(Total for Activity 4 = 8 marks)

The learner has proposed at least one training method for aerobic endurance, muscular endurance and Flexibility from the specification showing specific relevance to the individuals training requirements and the scenario. The learner has also proposed a training method for core stability. The learner has proposed at least three training methods from different components of fitness that are specifically relevant to Trevor and his lifestyle. This part of the answer has fallen into mark band 4 for trait 1 of the mark scheme.

The learner has also justified the proposed training methods making them relevant to the individuals training needs. The learner has justified each training method for each of the main components of fitness highlighted that could be used for the chosen individual and their training needs. The learner has also mentioned training methods that would not be suitable for Trevor considering that he has not taken part in exercise before. This part of the answer has fallen into mark band 3 for trait 2 of the mark scheme.

Activity 4

Assessment focus	Band 0	Band 1	Band 2	Band 3	Band 4
Training methods	0	1-2	3-4	5-6	7-8
	No rewardable material	The proposed training methods are generic, with limited relevance to the individual's training requirements. Justification for proposed methods is attempted however, is not always relevant to the individual's training needs.	The proposed training methods demonstrate general relevance to the individual's training requirements. Justification for proposed training methods is generally relevant to the individual's training needs.	The proposed training methods demonstrate relevance to the individual's training requirements. Justification for proposed training methods is relevant to the individual's training needs.	The proposed training methods demonstrate specific relevance to the individual's training requirements. Justification for proposed training methods is specifically relevant to the individual's training needs.

The extra one mark would have been awarded if the learner had specifically justified the training methods towards Trevor's individual training needs and lifestyle. The learner could have discussed more on why they have chosen this training method for Trevor taking into account that he has not taken part in any exercise for a long time and that he is considerably overweight.

Learners must ensure that they state a training method taken from the specification for the selected components of fitness that are relevant to the individual within the scenario. If strength and/or muscular endurance is highlighted in a given scenario then the term 'weight training' would not be acceptable here as this is not a specific training method taken from the specification. Training methods such as free weights, fixed resistance machines and circuit training would be acceptable.

This response gained 3 out of 8 marks.

4 Propose and justify different training methods that meet Trevor Bishop's training needs.

(8)

Trevor said that his main goal was to lose weight and improve his general health and well being, meaning his training methods should be enjoyable and effective. I suggest that Trevor prioritises and targets his weight over his general well being.

Trevor can start with continuous training methods (steady pace over a certain time period). Examples of this would be walking and jogging, which can be done anywhere (~~has~~ busy driver so hasn't always got access to gym). Continuous training helps with his cardio, and loses weight quickly (on top of a good diet). Continuous training is easy, and targets weight loss.

Another training method Trevor could use would be interval training, which gives him a rest period, but also pushes him harder in the different segments. This could also use walking/jogging/running, having different rest periods, but using active recovery.

17

to make sure he produces the same output every interval.

Fartlek training would be beneficial, as it varies the intensity of the workout, which helps with his heart rate.

The learner has proposed different training methods for one component of fitness, Aerobic Endurance. The learner has proposed continuous, interval and fartlek training which are for one component of fitness that is needed for Trevor. They have not mentioned any training methods for muscular endurance, flexibility, and core stability. This part of the learner response has fallen into mark band 2 for trait 1 of the mark scheme.

The justification for the proposed training methods is generally relevant to Trevor's individual training needs as they have covered one of the components of fitness requirements needed. This part of the learner response has also fallen into mark band 2 for trait 2 of the mark scheme.

Question 5 – Design weeks 1, 3 and 6 of a 6-week fitness training programme for Trevor Bishop.

Majority of the marks for question 5 would be awarded if candidates could design a training programme that demonstrated specific relevance to the fitness requirements for the chosen individual within the scenario. Candidates could choose from Aerobic Endurance, Flexibility, Muscular Endurance and Core Stability activities within the programme design. If a learner identified at least three different components of fitness within the programme design then their response would fall into mark band 3 for trait 1.

The training programme should also demonstrate a thorough understanding of the principles of fitness training, in the context of the individual's lifestyle or training requirements. The FITT principle must be applied in full detail to the programme, being specific with the intensity of the activities. Additional principles of fitness training must also be applied such as specificity, overload, progression, reversibility, rest and recovery, adaptation, variation and individual needs. Not all of the additional principles of fitness training need to be applied here but the programme must demonstrate a thorough understanding of these and that they have been taken into account when designing the 3 weeks of the 6-week programme.

This response has gained 6 out of 6 marks.

5 Design weeks 1, 3 and 6 of a six-week fitness training programme for Trevor Bishop. (6)

Week 1

	Morning	Physical activity Lunch	Afternoon
Monday	Walk to work Continuous training 50% MHR		Walk home Continuous training 50% MHR
Tuesday	Walk to work Continuous training 50% MHR		Continuous training Circuit 50% MHR 5 mins
Wednesday		15 minute walk Continuous training 50% MHR	
Thursday	Walk to work Continuous training 50% MHR	Static active Stretching 50% MHR Hold for 3-5 seconds 3 sets	Walk to work Continuous training 50% MHR
Friday	Rest & Recovery.		
Saturday		Yoga class 30 minutes 50% MHR Core stability	
Sunday		20 minute walk Continuous training 50% MHR	Static active Stretching 50% MHR Hold 3-5 seconds

20



Week 3			
	Morning	Physical activity	Afternoon
Monday	Jog to work Continuous training 60% MHR		Walk home from work Continuous training 60% MHR
Tuesday		Circuit training 15 minutes 60% MHR Continuous training	
Wednesday	Static Active 60% MHR hold 5-10 seconds	30 minute walk 60% MHR Continuous training	
Thursday	Jog to work 60% MHR Continuous training		Jog home from work 60% MHR
Friday		Rest day	
Saturday		Pilates class 15 minutes 60% MHR Core stability	Static Active stretching 60% MHR hold 5-10 seconds
Sunday	Active Rest day	30 minute walk Continuous training 60% MHR	



Week 6			
	Morning	Lunch Physical activity	Afternoon
Monday	Jog to work 70% MHR Continuous training.		Jog home 70% MHR Continuous training.
Tuesday	Walk to work 70% MHR Continuous training.	30 minute Circuit training 70% MHR Continuous training	Walk home from work 70% MHR Continuous training.
Wednesday		Pilates stretching 70% MHR dynamic stretch 10-15 reps, 3 sets.	
Thursday	Jog to work 70% MHR Continuous training.	Rest	Jog home 70% MHR Continuous training.
Friday	Active rest	20-30 minute jog 1 hour walk 70% MHR Continuous training	
Saturday		Pilates class 1 hour 70% MHR	dynamic stretching 70% 3 sets 10-15 Reps
Sunday	Rest day.	Yoga class 1 hour 70% MHR	
(Total for Activity 5 = 6 marks)			

The learner has designed a training programme that demonstrates specific relevance to the fitness requirements of the individual as they have included at least one training method and/or training session for aerobic endurance, core stability, flexibility and muscular endurance. The learner has included at least one training method or training session for three different components of fitness that are specifically relevant to Trevor. This part of the answer has fallen into mark band 3 for trait 1 of the mark scheme.

The training programme that has been designed has also demonstrated a thorough understanding of the principles of fitness training, in the context of the individual's lifestyle or training requirements. The learner has implemented the FITT principle each week and clearly stated the intensity for majority of the sessions. The programme progresses each week, has included rest and recovery days, has variation included with a variety of different training methods being used and the programme also takes the persons individual needs into account by including the relevant fitness requirements. The intensity values stated are also very specific to the individual as they have started on 50% MHR and progressed to 70% MHR by week 6. The learner has also made the programme specific to the individual by building it around his work commitments by walking and running to and from work most days. This part of the answer has fallen into mark band 3 for trait 2 of the mark scheme.

Activity 5

Assessment focus	Band 0	Band 1	Band 2	Band 3
	0	1-2	3-4	5-6
Six-week training programme	No rewardable material	<p>The training programme is generic, with limited relevance to the fitness requirements of the individual. Certain requirements may be omitted.</p> <p>The training programme demonstrates a limited understanding of the principles of fitness training, in the context of the individual's lifestyle or training requirements.</p>	<p>The training programme demonstrates relevance to the fitness requirements of the individual, although not all requirements are covered.</p> <p>The training programme demonstrates an understanding of the principles of fitness training, in the context of the individual's lifestyle or training requirements.</p>	<p>The training programme demonstrates specific relevance to all fitness requirements of the individual.</p> <p>The training programme demonstrates a thorough understanding of the principles of fitness training, in the context of the individual's lifestyle or training requirements.</p>

There was a high percentage of learners that did not correctly apply the FITT principle to the training programme in question. Many learners did not state an intensity for majority of the sessions for the individual or include the bpm (beats per minute) or MHR (Maximal Heart Rate) where relevant. 1RM or RPE would also be acceptable for intensity values.

This response has gained 2 out of 6 marks.

5 Design weeks 1, 3 and 6 of a six-week fitness training programme for Trevor Bishop. (6)

Week 1

	Physical activity
Monday	12 minute cooper run around lorry
Tuesday	Rest day
Wednesday	Rest day
Thursday	10x star jumps (1 minute rest) each activity 10x high knees (1 minute rest) 2 times 10x heel flicks (1 minute rest)
Friday	Rest day
Saturday	20 second shadow boxing (1 minute rest) 20 seconds Skipping (1 minute rest) each exercise 3 times
Sunday	Rest day

20



Week 3	
	Physical activity
Monday	10 x star jumps (30 secs rest) 10 x high knees (30 secs rest) 10 x heel picks (30 secs rest) every exercise 3 times
Tuesday	Rest day
Wednesday	10 x push ups (any variation) 10 x sit ups (30 secs rest) every exercise 3 (any variation) times (30 secs rest)
Thursday	Rest day
Friday	Rest day
Saturday	5 minute jog around lorry (can stop can walk temporarily)
Sunday	Rest day

1. The student has been asked to complete a physical activity log for the week of 1st to 7th March.

21

Week 6	
	Physical activity
Monday	Rest day
Tuesday	5 minute run around lorry (no stopping) for walks
Wednesday	Rest day
Thursday	1 minute shadow boxing (1 minute break) 1 minute skipping (1 minute break) (2 times each)
Friday	Rest Day
Saturday	Rest day
Sunday	12 minube cooper run around lorry (re-test)
(Total for Activity 5 = 6 marks)	



The training programme that has been designed does demonstrate some relevance to the fitness requirements of the individual, although not all requirements are covered. Certain requirements have been omitted as the learner has only included activities to improve the individual's aerobic endurance and muscular endurance. This part of the learner response has fallen into mark band 2 for trait 1 of the mark scheme.

The training programme demonstrates a limited understanding of the principles of fitness training, in the context of the individual's lifestyle or training requirements. The learner has not included any intensity values towards the FITT principle and the additional principle of training of individual needs has not been taken into account as they have suggested a 12 minute cooper run on day 1 of the programme. This part of the learner response has fallen into mark band 1 for trait 2 of the mark scheme.

Question 6 – Justify the fitness training programme that you have designed for Trevor Bishop, considering the principles of fitness training.

A learner should be able to give a justification that demonstrates a thorough understanding of the principles of fitness training applied to their training programme. The FITT principle must be justified in relation to their training programme and again majority of the additional principles of fitness training should be justified such as specificity, overload, progression, reversibility, rest and recovery, adaptation, variation and individual needs in terms of the training programme that has been designed. If learners justify correctly and in detail the FITT principle plus at least 6 additional principles of training, then their response would fall into mark band 4 for trait 1 of the mark scheme.

A learner should be able to give a justification that demonstrates relevance to the design of the training programme and the training requirements of the individual. Learners should be able to justify the aims and objectives of the training programme for the chosen individual as well as any personal goals (SMARTER) and resources required. Periodisation should also be mentioned in the context of the design of the 6-week fitness training programme. If a learner justifies the client's aims of the programme, their goals using the SMARTER acronym, Periodisation and resources required then their answer would fall into mark band 4 for trait 2 of the mark scheme.

This response gained 11 out of 14 marks.

- 6 Justify the fitness training programme that you have designed for Trevor Bishop, considering the principles of fitness training.

(14)

Trevor's aim is to improve his health and wellbeing and lose a lot of weight.

SMARTER targets should be used. It should be specific to Trevor for example his age, weight and lifestyle should be taken into account. It is measurable, for example his weight should be tracked as well as heart rate to manage progress. It is achievable so he will be able to succeed to keep motivated. It is realistic as it is personal to him and challenging yet not too hard. It is time bound, for ^{example} ~~example~~ he has 6 week programme. It is exciting as there are different methods of training and if it was boring, he wouldn't finish it. The ^{target} ~~goal~~ is recordable so results will be taken each session to monitor.

The target is classed as a medium length programme of 6 weeks however it could be classed as long as we want Trevor to make it a life long commitment.

The main areas to focus on are aerobic endurance (with continuous and fartlek training), muscular endurance (with weight and circuit training) and core stability (with yoga and pilates). The equipment used which is needed is a dumbbell, medicine ball and I would recommend to wear a heart rate monitor in order to allow percentage of maximum heart rate to be tracked. For safety, the client must wear suitable footwear.

23

Periodisation is a factor of a training programme. The programme is a weekly microcycle forming a 6 week mesocycle. Periodisation gives the programme structure, allows new challenges (preventing boredom) over training and allows progression. If the programme is extended past the 6 weeks, it will then be known as a macrocycle.

I need to apply principles of training. The first is specificity which matches what he needs to improve, for example I have chosen a circuit as it will target different muscle groups for muscle tone and definition. Progressive overload should occur over the 6 week programme using the FITT principles. Using this principle includes frequency for example he trains 3 times ^{in the first} a week as a beginner but then trains 4 times a week (week 3 and 6) as he gets fitter, stronger and his body adapts to be pushed harder. Also, less rest days are needed in week 6 as his body has applied progression. Intensity ~~Time~~ has increased for example in week 1 he was only completing a ^{small circuit} ~~30 minute yoga~~ session but in week 6 he was working for 30 minutes ^{at a higher intensity} in the session. Another example is that the MHR increased in week 1 to 6 from 50-60% to 70-80%. Time also increased for example in week 1 he was only completing a 30 minute yoga session but in week 6 it progressed to 40 minutes as the body is able to work harder for longer. Another example is on his fartlek session, the rest rate decreased from 2 minute to 1 minute. Also the type of training increased and varied as I incorporated

pilates into weeks 3 and 6. Also ^{this} to help stress relief as it incorporates breathing techniques, stabilises joint and ~~increases~~ releases happy endorphines which increases blood pressure as well as helps to reach goals, improve motivation and not experience tedium.

Reversibility will occur if training is stopped as you will lose fitness benefits such as increased mitochondria, lost weight and blood pressure reduction. It is vital to continue training. Also rest and recovery is important so I have allowed him to undergo this by not training him everyday. The body needs to adapt, muscle repair and rebuild so he should also consume more protein in diet to aid this.

Individual needs need to be taken into account so I had to look at his lifestyle and how to accommodate exercise into his daily routine. For example week 1 had 3 days of work which increased to 4 days in weeks 3 and 6. Also by incorporating and choosing yoga and pilates, it strengthens core, reduces hip to waist ratio and allows Trevor to feel mentally and physically better. It should also fit around his lifestyle with variation which should occur and Trevor should maintain and continue to increase physical activity.

I recommend visiting a doctor after 6 weeks as he would have reduced weight, blood pressure and any risks of coronary heart disease.

The learner's justification has demonstrated an understanding of the principles of fitness training that have been applied to the training programme. The learner has justified the FITT principle in relation to the training programme and they have also included five of the additional principles of fitness training from the specification. They have commented on specificity, reversibility, rest and recovery, individual needs, and progression. The learner has correctly justified six principles of fitness training to allow this response to fall into the top of mark band 3 for trait 1 of the mark scheme.

The justification given demonstrates specific relevance to the design of the training programme and the training requirements of the individual. The learner has included the SMARTER acronym in relation to the individual and the training programme as well as the individual's overall aims. They have also covered Periodisation and its relevance to the training programme and what resources would be needed. This part of the answer has fallen into mark band 4 for trait 2 of the mark scheme.

Activity 6

Assessment focus	Band 0	Band 1	Band 2	Band 3	Band 4
	0	1-4	5-7	8-10	11-14
Provide a justification for the training programme that has been produced for an individual	No rewardable material	<p>The justification demonstrates a limited understanding of the principles of fitness training.</p> <p>The justification is generic with limited relevance to the design of the training programme, or the training requirements of the individual.</p>	<p>The justification demonstrates a limited understanding of the principles of fitness training applied to the training programme.</p> <p>The justification is generally relevant to the design of the training programme and the training requirements of the individual.</p>	<p>The justification demonstrates an understanding of the principles of fitness training applied to the training programme.</p> <p>The justification demonstrates relevance to the design of the training programme and the training requirements of the individual.</p>	<p>The justification demonstrates a thorough understanding of the principles of fitness training applied to the training programme.</p> <p>The justification demonstrates specific relevance to the design of the training programme and the training requirements of the individual.</p>

The extra three marks would have been awarded if they learner had justified more of the principles of training. The learner could have included greater detail on variation, overload and adaptation within their answer. If the learner had correctly justified one more of these principles of training, this would have pushed their answer into mark band 4 for trait 1 of the mark scheme.

There are still learners that do not include any principles of fitness training when it comes to their justification. Learners spoke about their fitness training programme but only in terms of what they had included for each of the 3 weeks, making their justification show a limited understanding of the principles of fitness training.

This response gained 2 out of 14 marks.

- 6 Justify the fitness training programme that you have designed for Trevor Bishop, considering the principles of fitness training.

(14)

I think that this training plan is suitable for Trevor as it starts off easy and it allows for a lot of improvement and progressive overload. ~~But~~ The biggest risks are injury and loss of interest. To tackle these issues I have stressed how important stretching on each working and rest day is. This is to reduce the chances of Trevor pulling a muscle whilst training. To keep Trevor interested in the training I have tried to make the workouts interesting and different.

The progressive overload allows Trevor to see his improvements if he ~~has~~ has an app on his phone when he is running or a running watch he will be able to track how far he has gone and will see improvement and can track it, and he can record his circuit training by counting his reps and recording them to show improvement.

A Smart Watch would be a good purchase as he would be able to track his health a lot more by recording his heart rate 24/7 and he can track his runs more accurately and also monitor his sleeping.

The learner has given a justification that demonstrates a limited understanding of the principles of fitness training. The learner has only justified rest and recovery for the principles of training placing their answer into mark band 1 for trait 1 of the mark scheme. While the learner has stated other principles of training such as progressive overload, they have not fully justified these and therefore shown a limited knowledge in this area.

The justification given is generic with limited relevance to the design of the training programme, or the training requirements of the individual. The learner has only stated very briefly what resources (smart watch) may be required and used by Trevor within the fitness training programme. They have not mentioned the SMARTER acronym, periodisation or the aims of the individual. This part of the learner's response has also fallen into mark band 1 for trait 2 of the mark scheme.

Summary

- Please make sure that all centres read the Administrative Support Guide document for BTEC National in Sport that can be found on the Pearson Website at; <https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.coursematerials.html#filterQuery=Pearson-UK:Category%2FExternal-assessments>
- The scenario will always allow for all seven lifestyle factors to be commented on from the specification with regards to **question 1**. These are diet, exercise, smoking, alcohol, stress, exercise, sleep and sedentary lifestyle. All four health monitoring tests can also be interpreted by the learner on each exam series. Learners should ensure that they interpret these correctly in terms of the normative data.
- **Question 2** should see learners giving lifestyle modification techniques that are taken from the unit specification and that are relevant to the chosen individual within the scenario. These lifestyle modification techniques should be justified in terms of the individual within the scenario as well as commenting on the common barriers to change.
- **Question 3** responses continue to improve each series as more learners are giving responses based around the unit specification. If learners propose nutritional guidance that is based around the recommended daily allowance of calories, macronutrients, micronutrients and hydration and justify these accordingly, then the learner's response would be aiming towards the higher mark bands.
- For **question 5**, ensure the FITT principle is fully applied to the training programme including the intensity. For any aerobic based activity, the intensity values must include either MHR (Maximal Heart Rate) or BPM (Beats per Minute). For any strength or muscular endurance based activities, the intensity must be in %1RM (One Rep Max). RPE would also be acceptable here for an intensity value.
- For **question 6**, ensure that the learners are justifying the design of their training programme through the application of the principles of fitness training. Some learners are only commenting on what they have planned for on specific days and weeks instead of demonstrating their knowledge around all of the principles of fitness training.
- Centres should not be submitting the learner's notes with the booklet as these must be retained and stored by the Centre.



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