Academic year 2021–22



SUBMISSION DEADLINE:
4 weeks after delivery is complete

BTEC LEVEL 2

Teamwork and Personal Development in the Community

UNIT 4 WORKBOOK

Improving Health and Fitness for Personal Wellbeing

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LEARNER NAME:

EMAIL ADDRESS: (capital letters)

CVQO REF: VQ

GROUP OR UNIT NAME:

Affix label here (for CVQO use)

LEARNER DECLARATION

The declaration must be signed by you (the learner). Unfortunately, any unsigned work cannot be accepted for marking.

"I certify that the work submitted in this workbook is my own."

SIGNED:

.....

DATE:

.....

Edexcel approved centre. Centre number 01383

BTEC
Approved Centre from Pearson

Welcome to the workbook

for Unit 4

This workbook is for you to submit your answers for the written tasks required for Unit 4.

Further instructions are contained in the learning guide, which you should use to help you learn and understand how to complete the tasks. If you feel that you need support or assistance with completing the workbook please ask your tutor.

Referencing

Although you should try and use your own words throughout this workbook, there may be some answers where a quote from elsewhere is acceptable. If you do this, you must use quotation marks and name the source.

Glossary

The following command verbs introduce the different tasks in this workbook and their meanings are given below:

Describe	Think of this as answering the question 'what is it?' Include a linked series of relevant points to 'paint a picture with words'.
Explain	Think of this as 'how does something work?' You need to provide an explanation first and then give your reasons for doing so. Using words such as 'because' or 'therefore' will help you to do this.
Identify	This usually tests your skill of remembering information. You might select from a list of options, point something out, or give a list of main features.
Review	Look back over the topic or activity to provide a detailed evaluation with conclusions and decide what was effective or not. Using specific examples will add strength to answers.

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Icon key

Icon	Description
	**Learning outcome** Each unit has a series of learning outcomes which indicate the knowledge you are expected to demonstrate when you complete the accompanying tasks or activities.
	**Literacy** This will assess your understanding of the task and demonstrate the quality of your English skills, particularly your use of correct spelling, punctuation and grammar.
	**Task** This requires a written response which links to each assessment criteria (AC).
	**Activity** This requires you to complete a practical activity.

	**Learning** Learn the subject theory.
	**Doing** Put into practice what you have learnt.
	**Listening** Ask yourself how you performed. Listen to feedback from others, i.e. your tutor or peers.
	**Reflecting** Learn from the experience to improve next time.

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Unit 4

Improving Health and Fitness for Personal Wellbeing

Who taught this unit?

...

Task 1: Describe the key terms associated with a healthy lifestyle (AC 1.1)

The table below lists **five** key terms associated with a healthy lifestyle. Complete this table to **DESCRIBE** the key terms below. You should aim to use your own words rather than a definition from a source.

Term	
Exercise and fitness	
Health and wellbeing	
Physical and mental wellbeing	
Diet and nutrition	
Lifestyle	

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Task 2: Describe the benefits of maintaining a healthy lifestyle (AC 1.2)



For this task you should **DESCRIBE** the benefits of maintaining a healthy lifestyle. Remember to give a clear detailed account for each.

Describe a benefit to your **physical wellbeing** when maintaining a healthy lifestyle

Describe a benefit to your **emotional wellbeing** when maintaining a healthy lifestyle

Describe a benefit to your **mental wellbeing** when maintaining a healthy lifestyle

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Task 3: Explain how lifestyle factors can affect personal health and fitness (AC 2.1)



For this task, you need to **EXPLAIN** how lifestyle factors can affect personal health and fitness. You should *identify* **two** positive and **two** negative lifestyle factors. As the command verb is **EXPLAIN**, you should include a *reason* or an example to support each factor that you have identified.

To help you to do this, you could refer to the case studies featured in your learning guide or use your own examples.

Lifestyle factor 1:	
Explanation:	Positive

Lifestyle factor 2:	
Explanation:	Positive

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Lifestyle factor 1:	
Explanation:	Negative

Lifestyle factor 2:	
Explanation:	Negative

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Task 4: Describe the effect of basic nutrition on personal health and fitness (AC 2.2)



Complete the boxes below to **DESCRIBE** the effect of good and bad nutrition on personal health and fitness. You **must** use examples in your answers.

There is a lot of information in your learning guide that you have covered which can be used as a reference.

The effects of **good** nutrition on personal health and fitness:

The effects of **bad** nutrition on personal health and fitness:

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Have you included examples for how good and bad nutrition affects the following?

- ☐ **Physical wellbeing**
- ☐ **Mental wellbeing**
- ☐ **Emotional wellbeing**

Task 5: Describe different methods of fitness testing and their purpose (AC 3.1)



For this task, you will need to **DESCRIBE** different methods of fitness testing and their purpose.

You should choose **three** different fitness tests, describe **how** they are carried out correctly and **what** their purpose is.

To help you, think back to when you may have completed fitness testing within your own organisation, at college, within sports clubs etc. or you can use *www.topendsports.com/testing/tests.htm* to explore others.

Fitness test 1:	
How is this fitness test carried out?	
What is the purpose of this fitness test?	

Fitness test 2:	
How is this fitness test carried out?	
What is the purpose of this fitness test?	

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Fitness test 3:	
How is this fitness test carried out?	
What is the purpose of this fitness test?	

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The next part of the unit is spilt into two parts, Activity 1 and Task 6.

Activity 1: Participate in different methods of fitness testing to determine personal fitness (AC 3.2)

For this activity you will need to take part in a minimum of **two** observed fitness tests and then interpret the results correctly to indicate your personal fitness (Task 6).

The fitness tests may normally be carried out as part of your activities within your youth organisation.

Below is a list of recognised fitness tests. Please read through the options and tick any that you have completed and follow the instructions beneath. Evidence of activities marked with an * MUST be submitted with your workbook (i.e. screenshots, copies of certificates, etc.) This evidence will be verified by CVQO.

Activity	✓
*Bronze D of E Physical (or higher)	
*BTEC Award in Sport	

If you **have** been able to tick one of the recognised activities above you **do not** need to complete any further tasks in this workbook.

	Activity	✓
CCF	CF Swimming test **and** CF Water safety test	
SCC/RM	PT Class 3 (or higher) **or** CF Swimming test **and** CF Water safety test	
RAFAC	Blue Badge Pre DofE **or** Basic **and** Intermediate Swim cert	
ACF	1 Star Physical Recreation	

If you **have** been able to tick one of the recognised activities above then **you will now need to complete Tasks 6 and 7** in your workbook.

If you **have not** been able to tick one of the recognised activities you can complete a CVQO fitness test and ask a tutor to complete **VQF649**. This is stored at the back of the workbook. **You will then need to complete Tasks 6 and 7 in your workbook.**

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Task 6: Participate in different methods of fitness testing to determine personal fitness (AC 3.2)



Now that you have completed Activity 1 and taken part in two observed fitness tests you should record your results in the table below. You are then asked to comment on your results. This can be against your own organisation's standards or the fitness norms (www.topendsports.com/testing/tests.htm).

Fitness test 1:	
Result:	
Comments:	

Fitness test 2:	
Result:	
Comments:	

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Task 7: Be able to undertake a personal health and fitness improvement plan (AC 4.1, 4.2, 4.3 & 4.4)



There are three parts to this task:

a. **PRODUCE** a **four week** health and fitness plan to achieve a SMART target that you set yourself based on your health and fitness
b. **UNDERTAKE** your health and fitness plan
c. **REVIEW** the outcomes of your own personal health and fitness plan against your original SMART target/s

a. PRODUCE a health and fitness plan

To complete this part of the task you need to create a **four week** plan. This plan should set out to achieve a SMART target that you have set for yourself based on your own health and fitness. This *could* follow on from the fitness tests you did earlier *or* be something completely different.

Use the template provided to help you with the structure of your plan.

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My SMART target/s: Specific, Measurable, Achievable, Realistic, Time bound

...

Day	Week 1	Week 2
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

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Day	Week 3	Week 4
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

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b. UNDERTAKE your health and fitness plan

To complete this part of the task, you will need to complete a training log.

You will need to complete training entries as you progress through your personal health and fitness plan. This will provide the evidence that you have undertaken what you set out to do.

Ensure that you are honest, as this will help you when you come to review the effectiveness of your programme.

	Did I follow my plan?	Comments/results
Week 1	***Yes***	***1.5 mile run - 16.05 minutes*** ***1.5 mile run – 15.50 minutes*** ***2 x 10 minute runs***

Example

	Did I follow my plan?	Comments/results
Week 1		
Week 2		
Week 3		
Week 4		

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c. REVIEW the outcomes of your own personal health and fitness plan against your original SMART target/s

To complete this part of the task you need to review the **impact** of your personal health and fitness plan.

Complete the table below to reflect on your health and fitness plan and its effectiveness.

Review questions	Answer
Did you achieve the SMART target/s that you set out for your fitness plan?	Y / N
If you didn't meet your target, why was this? Were there any contributing factors?	
What went well across the four weeks with your health and fitness programme? *Things to consider: how you applied FITT and SPORT principles, enjoyment, improvements noticed.*	
What impact did this have on you? *You should consider the impact it had on your physical, mental and emotional wellbeing.*	
If you were to design another personal health and fitness plan what would you differently? Identify at least one point.	

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BTEC Level 2 Teamwork and Personal Development in the Community
Unit 4: Improving Health and Fitness for Personal Wellbeing

For completion by the VQ Officer or an appropriate assessor

CVQO registration number:	**VQ**
Learner name(CAPS):	

This form can provide evidence that the learner participated in <u>two</u> different methods of fitness testing to determine personal fitness.

Learner must take part in **two fitness** tests below.	
RUN	**1.5 miles (2.4 Km)** Completed: YES ☐ NO ☐ Time:
TRUNK CURL	**As many as possible in one minute** Number achieved:
PUSH UPS	**As many as possible in one minute** Hand/Foot version ☐ or Hand/Knee version ☐ Number achieved:

Tutor - Comments and feedback:

Learner comment:			
Learner signature:		Date:	
Tutor signature:	*"I confirm that this is a true and accurate account"*		
Tutor name (CAPS):			
Job role:		Date:	

When completed this tutor testimony must be passed to the learner. The learner can then sign, date and comment on your feedback and submit it with their work.

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