Cadet Vocational College

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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

LEARNER NAME:	REFERENCE: VQ
EMAIL ADDRESS:	GROUP OR UNIT NAME:

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Affix label here
(for Cadet Vocational College 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:

VERSION 3.1

Pearson Approved Centre. Centre number 01383

Welcome to the workbook

for Unit 4

This workbook is for you to submit your answers for the written tasks to complete 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 VQO, your tutor or email tpd@cvcollege.org and we will get back to you.

Referencing

You **must** use your own words to answer the tasks.

There may be an occasion when a quote from a resource (e.g. a website or a Cadet Vocational College learning resource) can be used to *support* your written answer. If you do this, you **must** use quotation marks, name the source and if applicable, state a page number. For example, "Having team members you trust is key to the success of any team." (Learning Guide, page 5).

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 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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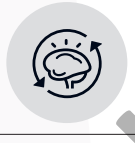
Icon key

Icon	Description
	**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 of the assessment criteria (AC).
	**Activity** This requires you to complete a practical activity.

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

Teaching and learning

There are a number of teaching sessions for Unit 4. To find out more, please speak to your Teaching and Learning Manager or scan here for more details.



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Unit 4

Improving Health and Fitness for Personal Wellbeing

Who delivered 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. **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 three** benefits associated with maintaining a healthy lifestyle. You can include examples within your answer to help provide the level of detail required.

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)



EXPLAIN how **two** lifestyle factors can affect personal health and fitness in both a **positive** and a **negative** way.

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 can refer to the case studies in the Learning Guide or use your own examples.

Positive

Lifestyle factor 1	
Positive effect on personal health and fitness	

Positive

Lifestyle factor 2	
Positive effect on personal health and fitness	

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Lifestyle factor 1	Negative
Negative effect on personal health and fitness	

Lifestyle factor 2	Negative
Negative effect on personal health and fitness	

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

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

The content in the learning resources may help you and can be used as a reference.

Good nutrition	
The effect of <u>good</u> nutrition on <u>physical wellbeing</u>:	
Example:	
The effect of <u>good</u> nutrition on <u>mental wellbeing</u>:	
Example:	
The effect of <u>good</u> nutrition on <u>emotional wellbeing</u>:	
Example:	

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Bad nutrition	
The effect of <u>bad</u> nutrition on <u>physical wellbeing</u>:	
Example:	
The effect of <u>bad</u> nutrition on <u>mental wellbeing</u>:	
Example:	
The effect of <u>bad</u> nutrition on <u>emotional wellbeing</u>:	
Example:	

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



For this task, you must **IDENTIFY three** different fitness tests, **DESCRIBE how** they are carried out correctly and **IDENTIFY 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 the websites below to explore others.

https://www.bbc.co.uk/bitesize/guides/zckcdmn/revision/3
https://www.glos.ac.uk/information/knowledge-base/gcse-fitness-testing-booklet/

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

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

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 own personal fitness (Task 6).

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

Option 1

Tick one of the recognised fitness activities below that you have completed. Evidence of activities marked with an asterisk (*) **MUST** be submitted with your assessment. For example this could be screenshots, copies of certificates, etc. This evidence **MUST** show your name.

	Activity	✓
Boys Brigade (BB)	*Queens Badge (**must** have chosen Section B)	
	*Health and Fitness (Stage 4)	
Scouts	*Platinum Award (or higher)	
Other	*Bronze DofE Physical (or higher)	
	*BTEC First Award in Sport	
	*National 4 Physical Education (or higher)	
	*BTEC Sports Science and Sports Studies	

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.

If you **have not** been able to tick one of the recognised activities above, you must now demonstrate when you have taken part in a fitness activity by completing Option 2 on the next page.

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Option 2

Below is a list of recognised fitness activities. Choose **one** that you have completed and would like to review.

	Activity	✓
Boys Brigade (BB)	*Health and Fitness (Stage 2)	
Combined Cadet Force (CCF)	CCF CF Swimming test **and** CF Water safety test	
	CCF RAF Blue Badge Pre DofE (Physical section)	
Sea Cadet Corps (SCC) / Royal Marine Cadets (RMC)	SCC/RM PT Class 3 (or higher)	
	CF Swimming test **and** CF Water safety test	
Royal Air Force Air Cadets (RAFAC)	RAFAC Blue Badge Pre DofE (Physical section)	
	RAFAC Basic **and** Intermediate Swim cert	
Army Cadets (ACF)	1 Star Physical Recreation (or higher)	
	CF Swimming test **and** CF Water safety test	
Army Cadets (ACF) or CCF (Army)	1 Star Keeping Active (or higher) (ACS)	

Evidence of the fitness activities will need to be checked, either from Westminster / Bader (if applicable) or by you uploading evidence for those marked with an asterisk (*). For example this could be screenshots, copies of certificates, etc. This evidence **MUST** show your name.

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.

Option 3 for all organisations

If you **have not** been able to tick one of the recognised activities above, you can complete a Cadet Vocational College fitness test and ask a tutor to complete a witness statement (pages 21-22).

When you have this evidence **you will then need to complete Tasks 6 and 7 in your workbook.**

Scan here for an updated version of the Recognised Prior Learning activities (RPL)

If you have evidence of any fitness tests that you have completed that you wish to be considered for RPL, please contact tpd@cvcollege.org

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Remember, you **do not** need to complete this if you **have** completed a recognised activity listed on page 12.

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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Remember, you **do not** need to complete this if you **have** completed a recognised activity listed on page 12.

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** personal 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

Part a.

PRODUCE a **four week** health and fitness 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 below to record your SMART target.

My SMART target	
Specific	
Measurable	
Achievable	
Realistic	
Time-related	

Use the template provided over the page to help you with the structure of your four week plan.

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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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Part b.

UNDERTAKE your health and fitness plan and 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.

Below is an example of a training log.

Example

	Did I follow my plan?	Comments/results
Week 1	*Yes (in part). For 4 of the 7 days.*	*1.5 mile run - 17.05 minutes. This was a struggle to complete and I walked twice. It was a really hot day.* *1.5 mile speed walk. This was much better today and I wasn't too out of breath - I'm very proud of myself.* *2 x 10 minutes runs. Both were slow and steady and I didn't stop on either. Much cooler temperatures on Thursday.* *I didn't attend my 45 minute sports class on Friday night as I was late home from college.*

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

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Part c.

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

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

Review questions	Answer
What went well across the four week health and fitness programme?	
If you did NOT meet your target, why was this? (Were there any contributing factors?)	
What impact did this have on you? (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)	

Strengths

Weaknesses

Impact

Improvement

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Congratulations - you have now completed all of the tasks in this unit.

Check your work before submitting for assessment!

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VQF 649

Version 3

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

Witness statement - for completion by the VQ Officer or an appropriate assessor

Reference:	**VQ**
Learner name (CAPS):	

This form can provide evidence that the learner participated in **two** different fitness tests to determine personal health and fitness.

Learner must take part in **two of the 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:

Please turn the page to sign and date.

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

Learner comment:			
Learner signature:		Date:	

When completed, this witness statement must be passed to the learner. The learner should then sign, date and comment on your feedback. The completed form must be submitted at the same time as the learner's work.

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