

Name \_\_\_\_\_

# **Unit 2: Fitness Training and Programming for Health, Sport and Well-being**

## **Part B - The screening process**

# Personalised Learning Checklist Unit 2

Use this checklist before each assessment to focus your revision, and after to check the effectiveness of your revision

| Unit 2 - Part A - How this would look in September to help you track progress |           |   |   |     |   |   |          |   |   |
|---|-----------|---|---|-----|---|---|----------|---|---|
| TOPIC   | UNIT TEST |   |   | PPE |   |   | JAN EXAM |   |   |
|   | R         | A | G | R   | A | G | R        | A | G |
| A1: Positive Lifestyle factors  |           |   |   |     |   |   |          |   |   |
| A2: Negative Lifestyle Factors  |           |   |   |     |   |   |          |   |   |
| A3: Lifestyle Modification Techniques   |           |   |   |     |   |   |          |   |   |

## Assessment Rubric

To use it, simply see the description for each marking point, and how much it is worth. You will be graded on this booklet based on an overall score - But each section will be scored. Here is a quick copy of that rubric:

| <b>Recap task</b>      |   |  |
|------------------------|---|--|
| 1. 3 correct answers   | 2. 3-5 correct answer   | 3. 5-7 correct answers   |
| <b>Task 1 - Survey</b> |   |  |
| 0. Incomplete Survey   | 1. Completed survey   |  |
| <b>Task 2</b>          |   |  |
| 0. No work             | 1.1 lifestyle factor identified and explained how it was identified | 2.1 lifestyle factor identified and explained how it was identified. Plus an observation of what could happen to client if this continued. |
| <b>Task 3</b>          |   |  |
| 0. No work             | 1. Identified correct data  | 2. Identified the scale of the data and what it means  |

# Recap Task

Based on the negative lifestyle factors we became aware of last time, can you match the following lifestyle factors or lifestyle factors consequences by their general meaning? **To do this, link the shapes so that they are in line with the correct meaning.**

**Stress**

**People leading active lives are less likely to die early or suffer from chronic diseases.**

**Hypertension**

**Someone who does less than 30 minutes of exercise per week**

**Lung Disease**

**Can force immune system to work without enough nutritional support**

**Diet**

**The body produces a surge of hormones (adrenaline) when faced with a stressful situation**

**Cancer**

**A psychological and mental response to your environment**

**Sedentary Lifestyle**

**Smokers are likely to suffer more respiratory tract infections than non smokers**

**Physical Activity**

**A group of diseases characterised by uncontrollable growth of abnormal cells that can spread through the body**

# Screening Process - Task 1

The Screening process is a vital part of the course, and the exam. It gives us an opportunity to look at the client, look at the numbers and see what the problem is.

This introduction will look at embracing your 'deductive powers' to try and solve a few personal mysteries.

Before you get your client to do any Physical activity in the personal training world, you would get them to complete a PAR-Q, A physical activity readiness questionnaire.

These can be broken down into 2 parts, a lifestyle questionnaire and a physical activity review.

Complete the [Google survey](#) to introduce you to the PAR-Q format. This survey can be found in the link above. Or it will be sent to all emails. This will be graded as complete = 1, incomplete = 0.

|  |  | No contraindication<br>according to physician |
|--|--|---|
| 1. Has your doctor ever said that you have a heart condition and recommended physical activity only under medical supervision? ..... | <input type="radio"/> Yes <input type="radio"/> No | <input type="radio"/>                         |
| 2. In the past month, have you had pain in your chest when you were physically inactive or active?.....                              | <input type="radio"/> Yes <input type="radio"/> No | <input type="radio"/>                         |
| 3. Do you have problems in breathing when you are physically inactive or active? .....   | <input type="radio"/> Yes <input type="radio"/> No | <input type="radio"/>                         |
| 4. Did you ever fall down because of dizziness or have you ever lost consciousness? .....  | <input type="radio"/> Yes <input type="radio"/> No | <input type="radio"/>                         |
| 5. Do you have bone or joint problems that could be made worse when being physically active? .....                                   | <input type="radio"/> Yes <input type="radio"/> No | <input type="radio"/>                         |
| 6. Has a doctor ever prescribed you drugs for high blood pressure or heart or breathing problems? .....                              | <input type="radio"/> Yes <input type="radio"/> No | <input type="radio"/>                         |
| 7. Do you not feeling well because of a temporary illness such as cold or fever? .....   | <input type="radio"/> Yes <input type="radio"/> No | <input type="radio"/>                         |
| 8. Are you or may you be pregnant? .....   | <input type="radio"/> Yes <input type="radio"/> No | <input type="radio"/>                         |
| 9. Do you know of any other reason why you should not do physical activity? .....  | <input type="radio"/> Yes <input type="radio"/> No | <input type="radio"/>                         |

# Screening Process - Task 2

Now the screening process doesn't just mean we ask broad quantitative and qualitative questions. We need to get into the real 'numbers' of our client.

Let's look at one of the exam clients now:

## Section 1: Personal details

**Name:** Christine Timms

**Address:** 32 The Avenue  
Smalltown  
The City

**Home telephone:** 01234 667455

**Mobile telephone:** 07153 644888

**Email:** timms09@email.com

**Age:** 48

**Please answer the following questions.**

### Occupation

1. What is your occupation?  
**A personal assistant**
2. How many hours do you work each day?  
**9 hours per day**
3. How far do you live from your work?  
**2.5 miles**
4. How do you travel to work?  
**Car**
5. How active would you say your job was?  
**Not very active**

## Section 2: Activity levels

1. How many times a week do you take part in physical activity?  
**None**
2. What type of activity/exercise do you mainly take part in?  
**N/A**

# Screening Process - Task 2

Please answer the following questions.

1. How many units of alcohol do you usually drink in a week? **25**
2. Do you smoke? **No** If yes, how many cigarettes a day? **N/A**
3. Do you experience stress on a daily basis? **Yes**  
If yes, what causes you stress (if you know)?  
**Increasing workload and changes in personal life**
4. On average, how many hours sleep do you get per night? **5**

**Task 2 - Write a summary of what you see as potential negative and positive lifestyle factors. Use the rubric to help you form an answer to get the best possible grade.**

# Screening Process - Task 3

Now you may not have been able to identify all the negative lifestyle factors in the previous task, this is because you have not been taught what to look out for, you have worked on a 'detective's hunch'. But now let me guide you in one way on how to spot the dangers/ negative lifestyle factors.

See below, this is another part of our clients PAR-Q, but it also has a lot of data rich components.

## Section 5: Health monitoring tests

Test results

| Test               | Result      |
|--------------------|-------------|
| Blood pressure     | 120/80 mmHg |
| Resting heart rate | 85 bpm      |
| Body mass index    | 16.5        |
| Waist-to-hip ratio | 0.70        |
| Weight             | 47.7 kg     |
| Height             | 1.7 m       |

**Data Summary:**

Now look at the table below, what do you notice about one of the test scores above? **Circle the correct data below by using the shape tool above**, remember, what his her age? Go back two pages detective! **Write in the data summary box of your findings below**

WOMENS RESTING HEART RATE CHART

| AGE      | 18 -25 | 26 -35 | 36 -45 | 46 - 55 | 56 -65 | 65+   |
|----------|--------|--------|--------|---------|--------|-------|
| ATHLETE  | 54-60  | 54-59  | 54-59  | 54-60   | 54-59  | 54-59 |
| EXCEL'T  | 61-65  | 60-64  | 60-64  | 61-65   | 60-64  | 60-64 |
| GOOD     | 66-69  | 65-68  | 65-69  | 66-69   | 65-68  | 65-68 |
| ABOVE AV | 70-73  | 69-72  | 70-73  | 70-73   | 69-73  | 69-72 |
| AVERAGE  | 74-78  | 73-76  | 74-78  | 74-77   | 74-77  | 73-76 |
| BELOW AV | 79-84  | 77-82  | 79-84  | 78-83   | 78-83  | 77-84 |
| POOR     | 85+    | 83+    | 85+    | 84+     | 84+    | 84+   |

# Resources and Websites

## Textbooks

Adams M et al, BTEC Level 3 National Sport Book 1, Pearson, 2010 ISBN 9781846906510

Adams M et al, BTEC Level 3 National Sport Book 2, Pearson, 2010 ISBN 9781846906503

Adams M et al, BTEC Level 3 National Sport Teaching Resource Pack (Second Edition), Pearson, 2010 ISBN 9781846906541

Howley ET and Franks BD, Health Fitness Instructor's Handbook (Fourth Edition), Human Kinetics Publishers, 2003 ISBN 9780736042109

Sharkey BJ and Gaskil SE, Fitness and Health (Sixth Edition), Human Kinetics Publishers, 2006 ISBN 9780736056144

## Websites

The following websites provide information on a wide range of topic areas and can be used in conjunction with key textbooks and journals. They provide good sources of information about health, nutrition and fitness training and programming.

[www.acsm.org](http://www.acsm.org) – American College of Sports Medicine – health, fitness and nutrition articles

[www.bbc.co.uk](http://www.bbc.co.uk) – BBC – healthy living

[www.bhf.org.uk](http://www.bhf.org.uk) – British Heart Foundation – health, lifestyle, nutrition, hydration, heart disease, exercise, food labelling, questionnaires, smoking

[www.brianmac.co.uk](http://www.brianmac.co.uk) – BrianMac – sports drinks, fitness testing, training, programming

[www.bupa.co.uk](http://www.bupa.co.uk) – BUPA – benefits of exercise, children and exercise

[www.doh.gov.uk](http://www.doh.gov.uk) – Department of Health – obesity, healthy eating, initiatives, factsheets for government recommendations for physical activity (various age groups)

[www.drinkaware.co.uk](http://www.drinkaware.co.uk) – Drinkaware – health effects and issues, facts, sevenday calculator

[www.food4life.org.uk](http://www.food4life.org.uk) – Food4life – eatwell plate, food groups

[www.livestrong.com](http://www.livestrong.com) – Livestrong – effects of poor nutrition

[www.macmillan.org.uk](http://www.macmillan.org.uk) – Macmillan – benefits of exercise, maintaining a healthy lifestyle and getting active

[www.nhs.uk](http://www.nhs.uk) – NHS – physical activity guidelines for all ages, health benefits, activity levels, sedentary lifestyles and strategies, balanced diet, eatwell plate, smoking

[www.who.int](http://www.who.int) – The World Health Organization – health topics