



# Wellbeing and Progress Year 11

Mr Lightfoot



# Vcert Assessment

External exam (completed) - 40%

Synoptic project (coursework) - 60%



# Synoptic Project

The Synoptic Project (coursework) brief is released in late December and we will begin to work on this immediately after the Christmas break.

Students are given 21 in lesson hours to complete their project. Work on the project can only be completed within exam PE lesson time on site under exam conditions.

The completed project is then internally marked and verified before being submitted to the exam board. Results will then be released to students along with all other exam courses in the summer.



# Synoptic Project



Students are given a project brief similar to the example below and must then complete 5 tasks based upon the areas highlighted in the brief.

## Project Brief

You are working in a local community centre as an apprentice fitness instructor with the rest of the fitness team. The fitness team works with clients to review their current levels of fitness and helps them to maintain or improve specific components of fitness.

The team asks you to work with one of their clients to improve their **cardiovascular endurance** and **agility**.

As part of this programme, you have to review the lifestyle of the client and create a 4-week health and fitness programme. This programme should improve the cardiovascular endurance and agility of the client.

Your client is available to train three times per week.



# Tasks



Each of the 5 tasks is divided into subsections which students must complete.

Task 1:

**Task 1:**

Your client would like to improve their muscular strength and speed.

You should know how to apply the principles of training to a health and fitness programme and should be able to select the appropriate methods of training for your client's needs.

**Section A** - Show you understand what is meant by cardiovascular endurance and agility

**Section B** - Show how you would apply the principles of specificity and progression to a health and fitness programme

**Section C** - referring to different methods of training and the principles of FITT, explain how: - muscular strength could be improved - speed could be improved.



# Tasks



Each of the 5 tasks is divided into subsections which students must complete.

Task 2:

**Task 2:**

Before you set your client clear goals, you need to understand their lifestyle and how ready they are to perform health and fitness activities.

**Section A** - Create, administer and analyse a lifestyle questionnaire to suggest ways of improving your client's lifestyle

**Section B** - Administer and analyse the results of a PAR-Q to evaluate how ready your client is to perform health and fitness activities. The PAR-Q could be one that you have been given or one that you have sourced

**Section C** - Set SMART goals for your client, linked to muscular strength and speed.



# Tasks



Each of the 5 tasks is divided into subsections which students must complete.

Task 3:

**Task 3:**

Before you design the health and fitness programme for your client, you will need to assess your client's current levels of fitness in cardiovascular endurance and agility.

**Section A** - Explore the different ways that muscular strength and speed can be tested

**Section B** - Carry out one fitness test for muscular strength and one fitness test for agility with your client and record the results

**Section C** - Assess your client's results and compare them to normative data.



# Tasks

Each of the 5 tasks is divided into subsections which students must complete.

Task 4:

## **Task 4:**

You are now ready to create the 4-week health and fitness programme to give to your client.

**Section A** - Create a 4-week health and fitness programme for your client, explaining your choices

- give your client the health and fitness programme and ask them to complete week 1 and week 2

**Section B** - Carry out and record a progress review with your client at the end of week 2

**Section C** - Make changes to week 3 and week 4 of your clients health and fitness programme, and explain changes that you make

**Section D** - Give your client the updated version of the health and fitness programme and ask them to complete week 3 and week 4.

**You will not be assessed on your client's ability to complete the programme. You will not have to attend the training sessions that you have planned.**

At the end of the 4-week health and fitness programme, you need to:

- re-test, record and assess your client's levels of fitness for muscular strength and speed
- make conclusions about the effectiveness of the health and fitness programme.



# Tasks



Each of the 5 tasks is divided into subsections which students must complete.

Task 5:

**Task 5:**

For your own personal development, it is important that you can evaluate your own performance.

**Section A** - Evaluate the project using your completed learner log from tasks 1–4.

You should refer to the learner log where appropriate when completing the evaluation.



# How are students assessed

40% External exam (completed)  
60% Synoptic project

Old GCSE Grading Structure	New GCSE Grading Structure	V Cert Grading Structure	
A*	9	Level 2	D* 8.5
A	8		D 7
	7		M 5.5
B	6	Level 1	P 4
C	5		D* 3
	4		D 2
D	3	M 1.5	
E	2	P 1	
F	1		
G			
U	U	NYA (not yet achieved)	



# Ensuring you are producing work at the correct standard

Students have access to exemplar synoptic projects from the NCFE website, which shows how each task should be laid out and the amount of detail required in each section in order to achieve the desired mark.

Students can use their own work produced during years 9/ 10/ 11.

Students can use resources obtained from the internet (these must be referenced correctly). When using online resources students **MUST NOT** copy and paste as this is plagiarism and will result in a fail.

There is a shared resource folder which holds all the relevant documentation required to complete the synoptic project.

My Vcert website also has a section dedicated to the Synoptic Project which students can access to assist with the writing of this work.

# L2 Pass

## Learner Evidence

**TASK 1 PART A:** Your client would like to improve their body composition and develop their power. To help them do this, you should know how to apply the principles of training to a health and fitness programme and be able to select the appropriate training type for your client's needs.



### Define the term Power

Power is a combination of using strength and speed at the same time. Power is an aspect of skill related fitness that is needed to excel in activities which require a person to be athletic. Activities that involve jumping require power in the legs. The more power you have, you have an increased ability to jump higher, run faster or throw items further.

A common test for power is the Standing Broad Jump. This involves the athlete starting with 2 feet together at the start of a measured distance. On 'Go' the athlete takes off with 2 feet and completes a jump travelling in a horizontal direction as far as possible, landing on 2 feet. An assistant measures the horizontal distance that the athlete has moved, taking the measurement from the back of the heel.

### Define the term Body Composition

Body composition is the percentage of body weight, which is fat, muscle or bone. A healthy body composition is one that includes a smaller percentage of body fat, and a higher proportion of body mass made up from muscles, organs and bones. Body composition can be used to measure the health and fitness level of an individual. It helps sports people depending on the type of sport they play.

A common test for Body Composition is the use of Skin Fold Calipers where skin fold is taken at various points around the body to measure sub cutaneous fat.

# L2 Pass



**Task 1 PART B:** Show how you would apply the principles of overload and tedium to a health and fitness programme.

The overload principle suggests that the body will adapt to the exercise it is completing. The more training you complete, the more you will be capable of doing, which in turn sees fitness improvements occur within the body. This is how people become stronger and increase their overall physical fitness level.

The principle links closely with the principle of Progressive - any increases in training would need to be gradual to avoid injury.

Overload can be done by using the FITT principle. This means:

Frequency - train more often

Intensity - train harder

Time - train longer or rest less

Type - select a different method of training

The principle of tedium is also a very important principle of exercise and training. A training programme needs to be varied to help prevent tedium (boredom). Using a variety of different training methods can help ensure that our levels of enthusiasm and motivation remain high. If an individual completes the exact same gym session on every visit, they will quickly get bored and could even decide to quit their training programme.



# Useful links

NCFE Health and fitness website:

<https://www.qualhub.co.uk/qualification-search/qualification-detail/ncfe-level-12-technical-award-in-health-and-fitness-4579>

Internal school google site:

<https://sites.google.com/varndean.co.uk/lightfoot-vcert/home>