

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



Y13 Certs SIL



Introduction

Welcome to your SIL. You will be required to complete all tasks in each section.

Your external assessment is in January (Wednesday 7th January 2026 AM**) and is worth 120/360 GLH of your programme.**

- The assessment is 2.5 hours long and includes 6 questions and a pre-release in December (**8th December**).
- You will be able to take 4 pages of A4 bullet pointed notes into your exam, pre-prepared in college. You will have 4 hours to prepare your notes.

This SIL will focus on case study breakdowns (both part A and part B) for both an athlete and a sedentary individual. You will then be attempting Q1 and Q2 for these individuals.

Questions

Section	Brief overview	Timings
Case study breakdown	Pick out key areas about the client, analysing lifestyle factors and health monitoring tests. Consider diet analysis and selecting components of fitness and appropriate training methods. Set up for success in Q1-6.	10 mins
Q1 12 marks	Consider whether lifestyle factors are positive or negative for the client and the impact this will have on their wellbeing. Interpret health screening tests and link these to risk factors.	25 mins
Q2 12 marks	Modification techniques for lifestyle factors that are negatively impacting the client. What potential barriers could hinder change and how could these be removed?	25 mins
Q3 8 marks	Analyse the client's diet, hydration and calorie intake. If an athlete, what additional supplementation could be supportive?	20 mins
Q4 8 marks	Select components of fitness that would help the client train towards their long-term goal. What methods would be appropriate for them to complete?	25 mins
Q5 6 marks	Plan a progressive programme (weeks 1, 3 and 6) for the client	20 mins
Q6 14 marks	Justify your programme choices for the client, considering principles of training, goal setting and periodisation	25 mins

Questions 1-2

Your question structure will be the same for each client regardless of the paper.

1. Interpret the lifestyle factors and screening information for your client (12 marks)
2. Provide and justify lifestyle modification techniques for your client (12 marks)

Before continuing – read the attached PDF sections:

[Q1 content.pdf](#)

[Q2 content.pdf](#)

Task 1 - Lisa Case Study breakdown

You will need to be able to breakdown your case study.

Your first task, is to breakdown your case study in the yellow boxes alongside the information.

Consider what information you would need to have interpreted before you start your paper.

Use your workbook to support your interpretation if needed.

This task should take a maximum of 20 minutes.

Part A

Case study

Lisa is a 38 year-old female who works in an office. She sits at a desk from 9 am until 5 pm for five days a week. She drives 10 miles to work each day and takes her children to school on the way.

Lisa has spent many years working full time and also looking after her children. This has had a negative impact on her health and wellbeing. Lisa's family have noticed that she often looks very tired and she knows she has gained extra body weight.

Lisa has made an appointment to see an expert to get some lifestyle advice. Lisa has been told to have a full health screening assessment before she receives any guidance.

Lisa would like to improve her health and wellbeing by increasing her energy levels and by losing some of the extra weight she has gained.

What information do we know about Lisa from the 'Part A' release?

Answer:

Part B

Lifestyle questionnaire

Section 1: Personal details

Name: Lisa Goddard

Address: 48 The Road
Smalltown
County

Home telephone: 03678 538653

Mobile telephone: 07645 234678

Email: lgoddard@email.com

Age: 38

Please answer the following questions.

Occupation

1. What is your occupation?
Office worker
2. How many hours do you work each day?
7.5 hrs
3. How far do you live from your occupation?
10 miles
4. How do you travel to your occupation?
Car
5. How active would you say your occupation was?
Not active

Section 2: Current activity levels

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

What information do we know about Lisa from the 'Part B' release?

Consider your application for Q1 and Q2. Lifestyle factors, health screening tests and lifestyle modification.

Answer:

Section 3: Nutritional status

1. Complete the food diary for the previous two days.

Day 1	Breakfast	Lunch	Dinner	Snacks
Y/N	Y	Y	Y	Y
Time of day	8.00 am	12.30 pm	6.30 pm	Different times during the day
Food intake	1 piece of white toast with jam	Ham and cheese sandwich with crisps Chocolate bar	Chicken, chips and vegetables Ice cream	Chocolate bar Packet of crisps Sausage roll
Fluid intake	2 x cups of tea, 500 ml of water, 2 x glasses of white wine			

Day 2	Breakfast	Lunch	Dinner	Snacks
Y/N	Y	Y	Y	Y
Time of day	8.00 am	12.30 pm	6.30 pm	Different times during the day
Food intake	Bowl of cereal (coco pops)	Lasagne and chips Ice cream	Fish, potatoes and vegetables	2 x packets of crisps Doughnut Chocolate bar Yoghurt
Fluid intake	2 x cups of tea, 500 ml of water, 3 x glasses of white wine			

 2. Do you take any supplements?
If yes, which ones?

No

What information do we know about Lisa from the 'Part B' release?

Consider your application for Q1.

- 5 a day
- Calories
- Fluid consumption
- Timing of meals

Answer:

Section 4: Your lifestyle

Please answer the following questions.

1. How many units of alcohol do you drink in a typical week? **35**
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)?

Work and looking after the children

4. On average, how many hours of sleep do you get per night? **5**

Section 5: Health monitoring tests

Test results

Test	Result
Blood pressure	135/90 mmHg
Resting heart rate	75 bpm
Body mass index	28
Waist-to-hip ratio	0.85

Section 6: Physical activity/sporting goals

What are your physical activity/sporting goals?

To lose some of my extra weight and increase my health and wellbeing.

CLIENT DECLARATION

I have understood and answered all of the above questions honestly.

Signed client: L. Goddard

Print name: Lisa Goddard

Date: 21/11/2019

What information do we know about Lisa from the 'Part B' release?

Consider your application for Q1 and Q2. Lifestyle factors, health screening tests and lifestyle modification.

Answer:

Task – Attempt a Q1 for Lisa

*Insert additional slides if needed.
Use your workbook and notes to
support*

1. Interpret the lifestyle factors and screening information for Lisa Goddard (12 marks). Answer:

[Q1 structure.pdf](#)

Task – Attempt a Q1 for Lisa

*Insert additional slides if needed.
Use your workbook and notes to
support*

Q1 continued...

Task – Attempt a Q2 for Lisa

*Insert additional slides if needed.
Use your workbook and notes to support*

2. Provide and justify lifestyle modification techniques for Lisa Goddard (12 marks). Answer:

[Q2 structure.pdf](#)

Task – Attempt a Q2 for Lisa

*Insert additional slides if needed.
Use your workbook and notes to
support*

Q2 continued...

Adam Case Study breakdown

You will need to be able to breakdown your case study.

Your first task, is to breakdown your case study in the yellow boxes alongside the information.

Consider what information you would need to have interpreted before you start your paper.

Use your workbook to support your interpretation if needed.

This task should take a maximum of 20 minutes.

Part A

Case study

Adam is a 23-year-old full-time athlete. He competes as a long-distance runner. He trains every day and drives for 20 minutes to get to his training venue.

Adam uses a combination of different training methods. He often competes in high level competitions around the world. His main target is to qualify for the next Olympic Games for Team GB.

Adam is going to train away from home for one month in a remote environment. His emphasis will be on improving his general performance for his next competition. Adam will have a full health screening assessment before he goes away to train.

Adam tries to look after his health and fitness because he wants to be one of the best long-distance runners in the country. He also hopes to compete in many future Olympic Games.

What information do we know about Adam from the 'Part A' release?

Answer:

Lifestyle questionnaire

Section 1: Personal details

Name: **Adam King**
Address: **12 Runner Drive**
Anytown
The County

Home telephone: **01234 987654**
Mobile telephone: **07525 336777**
Email: **adam7@email.com**
Age: **23**

Please answer the following questions to the best of your knowledge.

Occupation

1. What is your occupation?
Full-time athlete
2. How many hours do you work daily?
5–6 hours a day
3. How far do you live from your workplace?
20-minute drive
4. How do you travel to work?
By car

Section 2: Current activity levels

1. How many times a week do you currently take part in physical activity?
Every day of the week
2. What type of activity/exercise do you mainly take part in?
Long-distance running and strength and conditioning sessions

What information do we know about Adam from the 'Part B' release?

Consider your application for Q1 and Q2. Lifestyle factors, health screening tests and lifestyle modification.

Answer:

Section 3: Nutritional status

1. Complete the food diary for the previous two days.

Day 1	Breakfast	Lunch	Dinner	Snacks
Y/N	Y	Y	Y	Y
Time of day	7am	12.30pm	6pm	Variable times throughout the day
Food intake	Bowl of porridge	Jacket potato with cheese and beans	Roast chicken with potatoes, carrots and broccoli	Apple Packet of crisps
Fluid intake	3 litres of water, 1 cup of tea, 1 cup of coffee 1 large glass of white wine			

Day 2	Breakfast	Lunch	Dinner	Snacks
Y/N	Y	Y	Y	Y
Time of day	7am	12.30pm	6pm	Variable times throughout the day
Food intake	Scrambled eggs on toast	Chicken and pasta in a tomato based sauce	Steak and chips	An orange Chocolate bar
Fluid intake	3 litres of water, 1 cup of tea, 1 cup of coffee 1 large glass of red wine			

2. Do you take any supplements?
If yes, which ones?

No

What information do we know about Adam from the 'Part B' release?

Consider your application for Q1.

- *5 a day*
- *Calories*
- *Fluid consumption*
- *Timing of meals*

Answer:

Section 4: Your lifestyle

Please answer the following questions to the best of your knowledge.

1. How many units of alcohol do you drink in a typical week? **21 units**
2. Do you smoke? **No** If yes, how many a day? **N/A**
3. Do you experience stress on a daily basis? **Yes**

If yes, what causes you stress (if you know)?

Pressure of training and expectations of winning competitions

4. On average, how many hours sleep do you get per night? **5–6**

Section 5: Health monitoring tests

Test results

Test	Result
Blood pressure	119/81 mmHg
Resting heart rate	45 bpm
Body mass index	18
Waist-to-hip ratio	0.75

Section 6: Physical activity/Sporting goals

What are your physical activity/sporting goals?

To compete for Team GB at the next Olympic Games.

To be a world-class long-distance marathon runner.

CLIENT DECLARATION

I have understood and answered all of the above questions honestly.

Signed Client: **A. King** Print Name: **Adam King**

Date: **19/11/17**

What information do we know about Adam from the 'Part B' release?

*Consider your application for Q1 and Q2.
Lifestyle factors, health screening tests and lifestyle modification.*

Answer:

Task – Attempt a Q1 for Adam

*Insert additional slides if needed.
Use your workbook and notes to support*

1. Interpret the lifestyle factors and screening information for Adam King (12 marks). Answer:

Task – Attempt a Q1 for Adam

*Insert additional slides if needed.
Use your workbook and notes to
support*

Q1 continued...

Task – Attempt a Q2 for Adam

*Insert additional slides if needed.
Use your workbook and notes to support*

2. Provide and justify lifestyle modification techniques for Adam King (12 marks). Answer:

Task – Attempt a Q2 for Adam

*Insert additional slides if needed.
Use your workbook and notes to support*

Q2 continued...