

BTEC Sport Unit 2 Transition Booklet

Course: Pearson BTEC Extended Diploma in Sport
Unit 2 – Fitness Training and Programming for Health,
Sport and Well-being

SIL - Students moving from Year **12** into Year **13**

Student name

Welcome and purpose

This booklet is designed to prepare you for BTEC Sport Unit 2: Fitness Training and Programming for Health, Sport and Well-being.

The total expected time is approximately 5 hours.

Complete all tasks carefully, use correct terminology, and apply ideas to health, fitness training and individual needs.

Overview of the work pack

Task	Title	Suggested time
Task 1	Baseline knowledge audit	15 mins
Task 2	Lifestyle factors and health	50 mins
Task 3	Screening processes and health monitoring	45 mins
Task 4	Nutrition and hydration	50 mins
Task 5	Training methods and programme design	80 mins
Task 6	Extended exam practice, revision and reflection	60 mins
Task 7	Case-study application challenge	60 mins
Total		5 hrs 00 mins

Task 1 – Baseline Knowledge Audit (15 minutes)

Question	Response
Give one positive effect of regular exercise on health and well-being.	
Name one risk associated with smoking.	
What does PAR-Q stand for?	
Name one health monitoring test used before training programming.	
What is BMI used for?	
Name the three macronutrients.	
What is dehydration?	
Give one training method used to improve aerobic endurance.	

Confidence rating and target

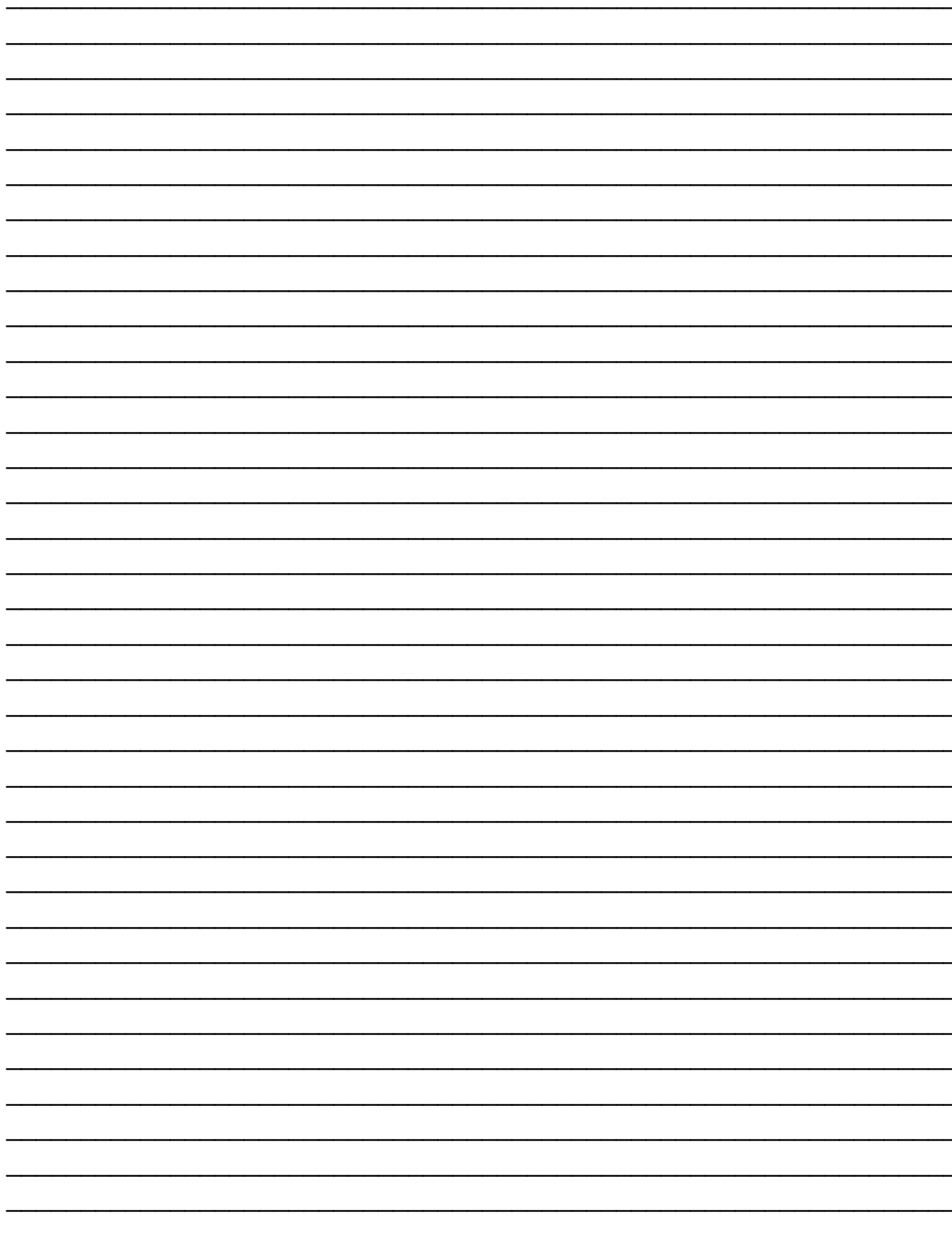
Topic	R / A / G
Lifestyle factors	
Screening	
Nutrition	
Training methods	
Programme design	

Task 2 – Lifestyle Factors and Health (50 minutes)

Part A: Positive and negative lifestyle factors

1. Explain the physical, psychological and social benefits of regular exercise or physical activity.
2. Describe what is meant by a balanced diet. Include healthy food choices, five a day, fluid intake and moderation of caffeine / salt.
3. Explain the health risks associated with smoking, excessive alcohol consumption, stress, lack of sleep and a sedentary lifestyle.

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Part B: Lifestyle modification techniques

Complete the table below to suggest realistic changes for unhealthy behaviours.

Area to improve	Common barriers	Possible strategies / support options
Increasing physical activity		
Stopping smoking		
Reducing alcohol intake		
Managing stress		

Part C: Government guidance snapshot

4. Summarise one key UK recommendation for physical activity.
5. Summarise one key UK recommendation for alcohol.
6. Summarise one key UK recommendation for healthy eating.

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Task 3 – Screening Processes and Health Monitoring (45 minutes)

Part A: Screening documentation and legal considerations

7. What is a lifestyle questionnaire used for?
8. What is a PAR-Q used for?
9. Explain why informed consent, data protection and client confidentiality matter when screening a client.
10. State two examples of when you would refer a client to a doctor before training begins.

[illegible]

Part B: Health monitoring tests

Test	What it measures	Why it is useful	Possible limitation / factor affecting result
Blood pressure			
Resting heart rate			
BMI			
Waist to hip ratio			

Part C: Interpretation mini case study

Case study – Jordan
17 years old, wants to improve fitness and lose body fat.
Very little daily walking, long periods sitting, often tired.
Resting heart rate: 86 bpm
Blood pressure: 142 / 92 mmHg
BMI: 29.1
Waist to hip ratio: 0.99

11. What do these results suggest about Jordan's current health and lifestyle?
12. Which result is the biggest immediate concern and why?
13. Give three sensible first recommendations for Jordan.

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Task 4 – Nutrition and Hydration (50 minutes)

Part A: Key terminology and energy balance

14. Define RDA, calories, kilocalories and energy balance.

15. Explain how age, gender, climate and physical activity affect energy requirements.

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Part B: Balanced diet and hydration

Nutrient	Type	One or two food sources	Main function
Carbohydrate	Macronutrient		
Fat	Macronutrient		
Protein	Macronutrient		
Vitamin C	Micronutrient		
Vitamin D	Micronutrient		
Calcium	Micronutrient		
Iron	Micronutrient		

16. Describe the signs, symptoms and performance effects of dehydration.

17. Explain when isotonic, hypertonic and hypotonic sports drinks may be most appropriate.

18. Explain one dietary strategy for weight loss and one for weight gain.

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Task 5 – Training Methods and Programme Design (80 minutes)

Part A: Components of fitness and training methods

Complete the table below.

Component	Definition	Suitable method	Key principle(s)	Sporting example
Aerobic endurance				
Strength				
Muscular endurance				
Flexibility				
Speed				
Agility				
Balance				
Reaction time				
Power				

Part B: Programme design case study

Case study – Mia
18 years old, plays netball recreationally.
Aim: improve pre-season fitness and reduce body fat over 8 weeks.
Can train 3 times per week and has access to a gym, outdoor space and resistance bands.
Enjoys working with a friend and lacks confidence in formal gym settings.
Feels balance and speed are weaknesses and sometimes skips breakfast.

- [illegible]

Part C: One-week micro cycle

Session	Focus	Method(s)	Intensity / time	Equipment	Reason for choice
Session 1					
Session 2					
Session 3					

Explain the difference between a macrocycle, mesocycle and microcycle.

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Task 6 – Extended Exam Practice, Revision and Reflection (60 minutes)

Part A: Extended responses

Question 1

Explain how positive and negative lifestyle factors can affect health and well-being.

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Question 2

Discuss the importance of screening and health monitoring before beginning a training programme.

[illegible]

Question 3

Evaluate how training methods and principles should meet the needs of an individual performer.

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Part B: Quick revision task

Create either: 10 flashcards, a mini knowledge organiser, or a 10-question quiz for Unit 2.

Part C: Reflection

23. Which topic did you find easiest?
24. Which topic did you find hardest?
25. Which 5 key terms do you still need to learn?
26. What will you do before September to prepare further?



Task 7 – Case-study Application Challenge (60 minutes)

Choose ONE of the two mini tasks below and complete it in detail.

- Option A: Create your own brief client profile and explain the screening, health monitoring, nutritional advice and training methods you would choose.
- Option B: Return to Mia or Jordan and write a one-page action plan explaining the most important first steps, support strategies and realistic progress markers.

[illegible]

