

## Important Information

Refer to your research notes from Part A to complete Part B. You cannot access the internet or any other resource during the supervised assessment period.

You must plan your time and work independently throughout the 2.5 hour supervised assessment period.

You will complete Part B under supervision and your work will be kept securely during any breaks taken.

You must not share your work with other learners.

## Part A

### Case study

John is a 32-year-old male who works approximately 7-8 hours a day as a full-time builder.

He takes part in regular exercise and has a passion for weightlifting. John has recently participated in numerous competitions to challenge himself further within his sport. John trains twice every day, once before and once after work, and tries to follow a diet plan that will maximise his potential and performance.

John has recently hired a strength and conditioning coach, as he wants to improve his weightlifting technique, as well as different components of fitness that can take him to a higher level within the sport.

John's coach has decided to put him through a health screening procedure to see what his general health is like, as well as design a new diet plan and a fitness training programme. The aim of this is to improve his components of fitness, with the main objective being to win the next competition in 3 months' time.