



# National Mock Exams 2024

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## NCFE Level 2 Technical Award in Health and Fitness

**Please read before distributing to students.**

### Purpose of this document

The questions contained within this document and the associated mark scheme are based on the data analysis performed by The EverLearner Ltd. Please note the following:

- We believe this paper has a very strong association with the actual external exam in 2024 in relation to command terms, skills, AO distribution, extended writing requirements and topics.
- However, this is categorically NOT a predicted paper. No one can accurately predict an exam paper and we make no claim to this end.
- It is vital that you only use this document internally in your school/college. Publishing the document online or sharing it in any other way is strictly prohibited as this will undermine the potentially educational experiences of students in other schools/colleges.
- Finally, please check the publication dates of the mark scheme and model answers for this paper as well as the associated revision session in May.

### This paper contains:

- Questions in the format of the (new) NCFE Level 2 Technical Award Health and Fitness exam
- Multiple choice questions
- Short-answer questions
- Extended writing

### How should schools use these papers?

This paper has been constructed specifically for use as a mock exam but can be used less formally as a practice paper or model paper. The content and skills of the paper will be developed within the free-to-air revision sessions offered by James Simms on Thursday 9th of May 2024 at 16:30.

All questions are available on ExamSimulator, where they can be practised multiple times in both online and printable format. ExamSimulator is a premium resource available via TheEverLearner.com and provides immediate diagnostics of student writing performance after every exam answer.

*James Simms*





|                     |  |
|---------------------|--|
| <b>Subject</b>      | Physical Education   |
| <b>Course</b>       | NCFE Level 1 & 2 (2022): Technical Award in Health and Fitness |
| <b>Time allowed</b> | 1 hour 30 minutes  |

|                   |  |
|-------------------|--|
| <b>First name</b> |  |
| <b>Last name</b>  |  |
| <b>Class</b>      |  |
| <b>Teacher</b>    |  |

|              |  |
|--------------|--|
| <b>Title</b> | NCFE Level 1 & 2 (2022) Technical Award in Health and Fitness - National Mock Exam Summer 2024 |
|--------------|--|

|                 |   |
|-----------------|---|
| <b>Guidance</b> | <ul style="list-style-type: none"><li>• This paper is marked out of 80 marks.</li><li>• You have 90 minutes (plus additional time for those who have Exam Access Arrangements).</li><li>• Answer all questions.</li><li>• A calculator is permitted for this exam.</li><li>• This paper contains two 9-mark questions.</li><li>• Good luck.</li></ul> |
|-----------------|---|

|                    |    |
|--------------------|----|
| <b>Total marks</b> | 80 |
|--------------------|----|

1. Look closely at this image. Which bone is classified as a long bone?

- A Cranium
- B Pelvis
- C Carpal
- D Ulna

Answer: \_\_\_\_\_

[1]

2. Look closely at this image. Which is the correct definition of abduction?

- A Movement along a plane
- B Movement away from the midline
- C Rotation
- D Movement up and down

Answer: \_\_\_\_\_

[1]

3. Look closely at this image. Which of the muscles contracts concentrically to cause knee extension?

- A Gluteals
- B Hamstrings
- C Gastrocnemius
- D Quadriceps

Answer: \_\_\_\_\_

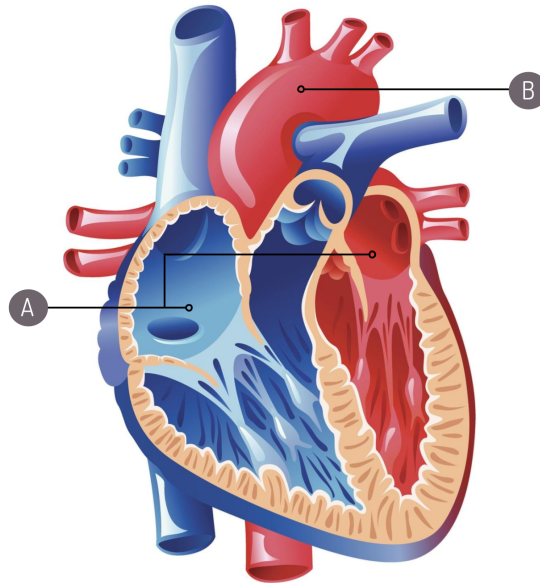
[1]

4. Other than protection of vital organs and support, state **one** function of the skeletal system.

Answer: \_\_\_\_\_

[1]

5. Look closely at this image of the heart. Identify features A and B.



A: \_\_\_\_\_

B: \_\_\_\_\_

[2]

6. Identify an activity where type 2B muscle fibres would be most important **and** describe the characteristics of this fibre type that make it so important in the activity.

Activity: \_\_\_\_\_

Characteristics of 2B fibres: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

[3]

7. Describe the aerobic energy system **and** provide one sporting example where aerobic energy is most important.

Description: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Example: \_\_\_\_\_

[3]

8. Finlay is 16 years old. Calculate his maximum heart rate. Include your workings and units.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

[2]

9. Finlay takes part in a circuit training session. Explain how his blood is redistributed during the session.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

[4]



12. Look closely at this image. Which of the options is a short-term effect of exercise?

- A Lower blood pressure
- B Decreased hydration levels
- C Muscle hypertrophy
- D Body shape change

Answer: \_\_\_\_\_

[1]

13. Look closely at this image. Which is the correct format for FITT?

- A Frequency, Intensity, Time, Type
- B Frequency, Intensity, Train, Time
- C Frequency, Interval, Type, Train
- D Frequency, Interval, Time, Type

Answer: \_\_\_\_\_

[1]



14. Both Tracey (female) and Imran (male) score exactly 19.3 seconds on the Illinois agility test. Analyse the image and provide their test ratings.

### Illinois agility run test

For 16- to 19-year-olds

| Gender | Excellent   | Above average    | Average          | Below average    | Poor        |
|--------|-------------|------------------|------------------|------------------|-------------|
| Male   | < 15.2 secs | 15.2 - 16.1 secs | 16.2 - 18.1 secs | 18.2 - 19.3 secs | > 19.3 secs |
| Female | < 17.0 secs | 17.0 - 17.9 secs | 18.0 - 21.7 secs | 21.8 - 23.0 secs | > 23.0 secs |

Data from DAVIS, B. et al. (2000) Physical fitness and fitness testing. In DAVIS, B. et al. *Physical Education and the study of sport*. 4th ed. London: Harcourt Publishers p. 123

Tracey is rated as \_\_\_\_\_  
Imran is rated as \_\_\_\_\_

[2]

15. Other than specificity, name **two** principles of training.

Other principle of training 1: \_\_\_\_\_  
Other principle of training 2: \_\_\_\_\_

[2]

16. Identify **two** characteristics of good health.

Characteristic of good health 1: \_\_\_\_\_  
\_\_\_\_\_  
Characteristic of good health 2: \_\_\_\_\_  
\_\_\_\_\_

[2]



19. Identify the two training methods represented in this image **and** explain why both methods are popular with triple jumpers.

Training method A



Training method B



Training method A is: \_\_\_\_\_

Training method A is good for triple jumpers because \_\_\_\_\_

Training method B is: \_\_\_\_\_

Training method B is good for triple jumpers because \_\_\_\_\_

[4]

20. Look closely at this image. Which of the options is a negative effect of smoking?

- A Obesity
- B Fractures
- C Reduced blood flow
- D Increased vascular shunting

Answer: \_\_\_\_\_

[1]

21. Delayed reactions is a side effect of alcohol consumption. Which of the activities in the image would be most affected by delayed reactions?



Answer: \_\_\_\_\_

[1]

22. Look closely at this image. Which of the options is the recommended daily calorific intake for women?

- A 2,000 kcal
- B 2,500 kcal
- C 1,500 kcal
- D 1,000 kcal

Answer: \_\_\_\_\_

[1]

23. Identify **one** recovery method from exercise **and** explain how it improves recovery rate.

Recovery method: \_\_\_\_\_

Improves recovery rate by \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

[2]

24. Look at this image. State the missing SMART principle **and** explain how the missing principle could be applied to goal setting for a competitive swimmer.

- S** Specific
- M** Measurable
- A** ?
- R** Realistic
- T** Time-bound

A is: \_\_\_\_\_  
Applied to a competitive swimmer: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

[2]

25. Explain why a person's lifestyle would be considered sedentary.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

[2]

**26.** Ken has been asked to devise a warm-up for a group fitness class. Identify **two** phases Ken should include in the warm-up and explain the benefits of completing these phases.

Phase: \_\_\_\_\_

Benefit of this phase: \_\_\_\_\_

Phase: \_\_\_\_\_

Benefit of this phase: \_\_\_\_\_

[4]

**27.** Ken encourages his participants to drink water throughout the warm-up and main activity. Justify Ken's approach.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

[3]

**28.** Identify **two** safety considerations a trainer should make when planning a session **and** explain how these actions reduce the chance of injury.

Safety consideration 1: \_\_\_\_\_

Explanation: \_\_\_\_\_

Safety consideration 2: \_\_\_\_\_

Explanation: \_\_\_\_\_

[4]

29. Justify the importance of weight training for a 100m sprinter.

A series of horizontal dashed lines for writing.







