



National Mock Exams 2025

POWERED BY **ExamSimulator**

NCFE L1/2 TECHNICAL AWARD in HEALTH AND FITNESS 2024 (VCERT)

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 2025 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 potential educational experiences of students in other schools/colleges.
- Finally, please use this paper together with the mark scheme and make sure you attend the revision session in May.

This paper contains:

- Questions in the format of the NCFE Level 2 Technical Award Health and Fitness exam 2025
- 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 revision sessions offered by James Simms on Wednesday 7th of May 2025 at 15:30 (available to all subscribing schools live and on demand; a shorter version for non-subscribers will be available on YouTube after the live session).

This paper is available to be set, answered and marked online via [ExamSimulator](#). [ExamSimulator](#) is a premium resource available via TheEverLearner.com and provides immediate diagnostics of student writing performance after every exam answer. [Get in touch with us](#) to start a free trial.

James Simms



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

First name	
Last name	
Class	
Teacher	

Title	NCFE Level 1 & 2 (2022) Technical Award in Health and Fitness - National Mock Exam 2025
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Guidance	<ul style="list-style-type: none">• This paper is marked out of 80 marks.• You have 90 minutes (plus additional time for those who have Exam Access Arrangements).• Answer all questions.• A calculator is permitted for this exam.• This paper contains two 9-mark questions.• If the timer reaches zero prior to you submitting your paper, the software will automatically submit your responses.• Good luck.
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Total marks	80
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1. Which **one** of the following is the movement of a limb away from the midline of the body?

- A Extension
 - B Adduction
 - C Abduction
 - D Rotation
-

Marks: [1]

2. Which **one** of the following is an example of a short bone?

- A Carpals
 - B Metatarsal
 - C Sternum
 - D Phalange
-

Marks: [1]

3. Which **one** of the following is also known as the prime mover?

- A** Insertion
- B** Origin
- C** Antagonist
- D** Agonist

Marks: **[1]**

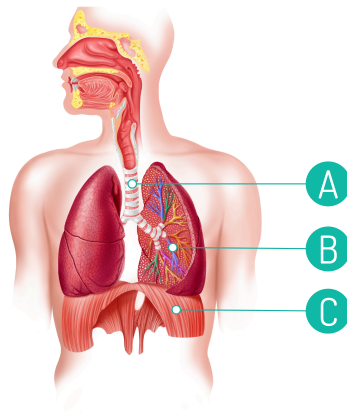
4. Fast-twitch muscle fibres are white in colour.

Identify **one other** characteristic of fast-twitch muscle fibres.

Marks: **[1]**

5. Look closely at this image.

Identify the structures of the respiratory system labelled A, B and C.



A: _____
B: _____
C: _____

Marks: [3]

6. Identify **two** features of the alveoli that assist in gaseous exchange **and** explain how diffusion occurs at the alveoli.

Feature 1: _____
Feature 2: _____
Explanation of diffusion: _____

Marks: [4]

7. Look closely at this image.

Identify the muscular contraction occurring at the biceps during the **downward** phase of a biceps curl.

Justify your choice.



Marks: **[3]**

8. Give **two** examples of activities where a performer would use the anaerobic energy system.

Justify your choices.

Anaerobic activity 1:

Anaerobic activity 2:

Justification:

Marks: **[4]**

9. Analyse the redistribution of blood whilst taking part in health and fitness activities.

Marks: **[3]**

10. Which **one** of the following fitness components can be tested using the Bruce protocol test?

- A** Muscular endurance
- B** Power
- C** Cardiovascular endurance
- D** Muscular strength

Marks: **[1]**

11. Which **one** of the following training methods is **most** likely to improve power?

- A** Continuous
 - B** Plyometric
 - C** Flexibility
 - D** Interval
-

Marks: **[1]**

12. Which **one** of the following is a short-term effect of exercise on the cardiovascular system?

- A** Decreased cardiac output
 - B** Increased stroke volume
 - C** Cardiac hypertrophy
 - D** Decreased resting heart rate
-

Marks: **[1]**

13. Describe the long-term effects of exercise on the muscular system from completing health and fitness activities.

Marks: **[4]**

14. Define flexibility **and** muscular endurance.
Explain how flexibility and muscular endurance are beneficial to a goalkeeper in football.

Marks: **[4]**

15. Identify a suitable fitness test for power.
Justify the use of this test for a basketball player.

Test:

Justification:

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Marks: **[3]**

16. A 100m sprinter is carrying out a weight training programme.Explain how the sprinter can avoid **reversibility**.

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Marks: **[4]**

17. Circuit training and weight training can be manipulated to help a rugby player increase their speed.

Identify **one other** training method that would benefit a winger's speed in rugby. Justify your choice.

Training method: _____

Justification: _____

Marks: [3]

18. Which **one** of the following pieces of information is gathered as part of a lifestyle questionnaire?

-  Dietary choices
-  Training methods previously used
-  Ability level
-  Genetic conditions

Marks: [1]

19. Which **one** of the following is a negative effect of consuming alcohol?

- A** Improved coordination
 - B** Increased hydration
 - C** Improved reactions
 - D** Impaired balance
-

Marks: **[1]**

20. Which **one** of the following components of a balanced diet aids digestion?

- A** Fats
 - B** Protein
 - C** Fibre
 - D** Carbohydrate
-

Marks: **[1]**

21. Describe **one** negative effects of smoking and **two** negative effects of stress on health and fitness.

Smoking: _____

Stress: _____

Marks: **[3]**

22. Name **one** component of an effective cool-down.

Explain the benefits of a cool-down to aid recovery after an exercise session.

Component of cool-down: _____

Benefits of cool down: _____

Marks: **[4]**

23. A lifestyle questionnaire is an example of a health and fitness analysis tool. Identify **two other** health and fitness analysis tools **and** explain how each of these can be used to benefit a performer's training programme.

Marks: **[4]**

24. Sleep, intake of food and completing a cool-down are all methods of recovery. Identify **three other** recovery methods **and** explain how each will benefit a marathon runner.

Recovery method 1:

Recovery method 2:

Recovery method 3:

How these recovery methods benefit a marathon runner:

Marks: **[6]**

25. Reversibility is a principle of training.

Explain how **other** principles of training can be applied to optimise performance in health and fitness activities.

Marks: [9]

26. Evaluate the importance of balance **and** muscular endurance for a rower.

Lined area for writing the answer.

Marks: [9]