

# SUBJECT: NCFE Health and fitness

## UNIT: Content area 7



### 1. Health and Fitness Analysis Tools

Used to assess an individual's current health, fitness levels, and lifestyle.

Common tools include:

- PAR-Q (Physical Activity Readiness Questionnaire)
- Lifestyle questionnaires
- Food diaries
- Physical activity logs
- Fitness test results

Purpose of analysis tools:

- Identify strengths and weaknesses
- Highlight health risks
- Provide baseline data
- Inform goal setting and programme design

### 2. Collecting Data

Data must be collected accurately, safely, and ethically.

Types of data:

- Quantitative – numerical data
- Qualitative – descriptive data

Key considerations:

- Reliability
- Validity
- Safety and suitability

### 3. Analysing and Evaluating Data

Analyse – identify patterns and trends.

Evaluate – make judgements using evidence.

### 4. SMART Goal Setting

Specific, Measurable, Achievable, Relevant, Time-bound

Example:

Increase weekly cardiovascular exercise from 1 to 3 sessions within 6 weeks.

### 5. Applying Goals to Fitness Programmes

- Link goals to individual needs
- Select appropriate activities
- Consider short and long-term body responses
- Adapt goals based on progress

### Key Vocabulary

Analysis – breaking information down

Evaluation – making a judgement using evidence

PAR-Q – health screening questionnaire

Baseline data – starting measurements

Reliability – consistency of results

Validity – accuracy of a test

Quantitative data – numerical data

Qualitative data – descriptive data

SMART targets – structured goal setting