

This answer book will only be marked and certificated if this is completed by the learner AND prison staff

Learner Statement of Authenticity

By returning this answer book you are confirming that the work contained is entirely your work and does not include any work completed by anyone other than yourself. You also confirm that you have completed the assignment/portfolio in accordance with the instructions given by your establishment.

Learner Prison No. in CAPITAL LETTERS

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Prison:

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Learner's Initials:

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Date:

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Establishment Confirmation of Authenticity

I confirm that the above-mentioned learner, to the best of my knowledge, is the sole author of this completed answer book.

Staff Name:

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Signed:

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Date:

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STAFF USE ONLY

Date Issued	Date Marked	Assessor Initials	Result	
			<input type="checkbox"/>	<input type="checkbox"/>
			PASS	REFER

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How it works

Welcome to your Way2Learn course.

This course is designed to enable access to education for all – whether in-cell or in your establishment's education facility.



To complete this course, you will need to watch all of the episodes. Times for each episode are provided on the next page.



You can request a copy of the episode transcript from your Distance Learning Coordinator or Learning and Skills Manager if you need to revisit any of the information.



If you have any difficulties in completing this course, please speak to a suitable peer mentor or member of staff for some help.



Once completed, return your answer book to the appropriate member of staff. After it has been received, it can take up to 3 weeks to be assessed and issued a certificate.



You can ask a member of staff for a copy of our policies and practices for further details.

Episode Guide

Fitness for Life



Monday/Wednesday

Content Guide	Monday/ Wednesday
Ep 1: Health & Exercise The definitions and the factors that affect health and fitness. The benefits of exercise and the various components of fitness.	9:00 (am & pm) 3:00pm
Ep 2: A Healthy Balanced Diet The importance of a healthy balanced diet plus we also help you to complete a food diary in order to monitor your diet.	11:40 (am & pm) 5:40pm
Ep 3: Health & Safety We show you what contributes to a safe and effective activity routine and we'll set smart goals for your personal health and fitness, including the importance of personal hygiene.	12:16 (am & pm) 6:16pm
Ep 4: Structured & Self-directed Exercise Exercise and understanding injury prevention. Principles of training and creating an exercise plan. We also guide you through a series of exercises in order to complete your own activity sheet.	12:50 (am & pm) 6:50pm

Learning Outcomes



1. Understand health and fitness definitions, components, and their benefits.
2. Identify key factors influencing health and fitness, and diet's crucial role.
3. Learn training principles, injury prevention, and the importance of personal hygiene.
4. Engage in safe, effective exercise sessions applying acquired techniques and insights


Knowledge Check

Consider the learning outcomes above.

On a scale of 1 -10, how would you rate your knowledge of fitness and nutrition before starting this course?

(Please tick the appropriate box)

1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Low
High

At the end of this course, you will have the opportunity to rate your knowledge once more.

Knowledge Check

To pass this course you will need to correctly answer **80%** of the questions.
This equates to **23** correct answers out of the 29 marks available.



Episode 1

Please note that you do not need to participate in any exercise as part of this course. However, if you wish to do so, it is your responsibility to ensure your safety and welfare and if you are in any doubt, please consult a healthcare professional about your readiness to exercise.

Question 1

What is the definition of the term 'health'?

(Please tick the appropriate box)

A	Having a strong heart and lungs	
B	Being able to lift heavy things	
C	A state of total mental, physical and social wellbeing	
D	Avoiding illnesses at all costs	

Question 2

What does the term 'fitness' mean?

(Please tick the appropriate box)

A	Being able to lift heavy objects	
B	Running long distances without stopping	
C	Having a perfectly healthy body	
D	The ability to meet the demands of the environment	

Question 3

How would you describe 'balance' in fitness?

Question 4

What does 'power' mean in fitness?

(Please tick the appropriate box)

A	Staying perfectly balanced	
B	Being able to change direction rapidly	
C	The combination of speed and strength to generate force quickly	
D	Endurance over a long period	

Question 5

James has been feeling stressed and low on energy. A friend suggests that regular exercise might help. Based on what you've learned, explain two ways exercise can improve James's mental well-being and give an example of how this could help him in daily life.

Question 6

Describe each of the four main components of fitness. For each one, give an example of how it is used in daily life.

Component	Definition	Example of use in daily life
Muscular Strength		
Muscular endurance		
Flexibility		
Cardiovascular fitness (Stamina)		

Episode 2

Question 1

How do carbohydrates benefit your body?

(Please tick the appropriate box)

A	They help muscles grow and repair	
B	They help you stay warm	
C	They make your bones stronger	
D	They provide the body's primary source of energy	

Question 2

True or False:

Drinking plenty of water does not affect your physical fitness?

(Please tick the appropriate box)

A	True	
B	False	

Question 3

What roles do proteins play in your body?

(Please tick the appropriate box)

A	Provide insulation from the cold	
B	Serve as a primary energy source	
C	Crucial for strong teeth, bones, and muscles	
D	Essential for muscle growth and repair	

Question 4

Why are vitamins crucial for your body?

(Please tick the appropriate box)

A	They improve memory	
B	They make your hair grow faster	
C	They help increase muscle size	
D	They support immune function and keep your body working properly	

Question 5

Two of the listed vitamins are fat-soluble and two are water-soluble. Place a tick to indicate which.

(Please tick the appropriate boxes)

		Water-Soluble	Fat-Soluble
A	Vitamin A		
B	Vitamin B		
C	Vitamin C		
D	Vitamin D		

Question 6

True or False:

The primary function of iron is to help transport oxygen in the blood?

(Please tick the appropriate box)

A	True	
B	False	

Episode 3

Question 1

List 3 types of information needed on a Physical Readiness Questionnaire (PARQ).

1.

2.

3.

Question 2

Why is it important to wear the right trainers for your workout?

(Please tick the appropriate box)

A	They provide proper support and reduce the risk of injury	
B	They help you run faster, even without training	
C	Wearing expensive trainers improves your performance	
D	Any shoes will do as long as they feel comfortable	

Question 3

What's the benefit of starting your workout fully hydrated?

(Please tick the appropriate box)

A	Helps your body stay cool and keeps your energy up as you sweat	
B	Makes you the quickest runner in the park	
C	Keeps the mid-workout thirst at bay	
D	Gives you the strength of a superhero during your lifts	

Question 4

Pete starts running at full speed without warming up and finishes his workout without cooling down. The next day, he feels stiff and sore. Explain why warming up and cooling down could have helped him.

Question 5

Why is personal hygiene important during physical training?

(Please tick the appropriate box)

A	It isn't, sweating is expected and natural during exercise	
B	It enhances personal appeal	
C	Maintaining cleanliness keeps everything looking and smelling nice	
D	Sweat can facilitate the growth and spread of bacteria	

Episode 4

Question 1

Which item in the list could be considered self-directed exercise?

(Please tick the appropriate box)

A	Attending a football team practice	
B	Taking part in a group circuit class	
C	Going for a run	
D	A 1:1 personal training session	

Question 2

Which of the following would be considered a form of directed exercise?

(Please tick the appropriate box)

A	Going for a run until fatigued	
B	Attending a scheduled fitness boot camp led by an instructor	
C	Doing an online workout video at home	
D	Swimming laps in a pool whenever you feel like it	

Question 3

What does the acronym SMART stand for?

(Please tick the appropriate box)

A	Specific, Measurable, Achievable, Realistic, Timely	
B	Sports, Maintenance, Action, Results, Timing	
C	Structured, Motivating, Adaptable, Reliable, Time-sensitive	
D	Specific, Manageable, Action, Reliable, Transferable	

Question 4

Think about the SPORT acronym from this episode. Which two of the following are key principles of training from this model?

*(Please tick **all** appropriate boxes)*

A	Recovery – Skipping rest days to build endurance faster	
B	Overload – Gradually increasing intensity to improve fitness	
C	Routine – Repeating the same workout every session	
D	Flexibility – Always stretching before and after workouts	
E	Specificity – Training should be relevant to the goal	
F	Nutrition – Eating a balanced diet	

Workplace Scenarios

Question 1 (Episode 1)

Scenario: You are working as a **gym assistant**, and a new member says they want to improve their fitness but don't know what that means. They think being fit just means having big muscles.

How would you explain that fitness includes different areas, not just muscle size? Choose two areas of fitness and give a simple example of how someone might use them in everyday life.

Word Count: 50-100 words, (2 marks available)

Question 2 (Episode 2)

Scenario: You are training to be a fitness coach, and a client tells you they are going to stop eating carbs completely because they think it will help them lose weight.

How should you respond to this comment? Give one example of a healthy carbohydrate that could be included in a balanced diet.

Word Count: 50-100 words, (2 marks available)

Question 3 (Episode 3)

Scenario: You are working as a personal trainer, and a client says they don't have time to warm up before exercising.

What could happen if they skip the warm-up? Give one simple warm-up exercise they could do before starting their workout?

Word Count: 50-100 words, (2 marks available)

Question 4 (Episode 3)

Scenario: You are applying for a job as a community fitness instructor, and the manager tells you that many of the participants in your classes are older adults. They ask how you would adjust a workout to make sure it is safe and suitable for them.

What type of changes could you make to an exercise routine to make it safer or easier for older adults? Also give one example of an exercise and how you would adjust it.

Word Count: 50-100 words, (2 marks available)

Learning Evaluation

You must comment on the three most important things you have learnt and complete distance travelled.

1.....

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2.....

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3.....

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Distance Travelled

Now that you have completed this course, on a scale of 1 -10, how would you rate your knowledge of fitness and nutrition?

(Please tick the appropriate box)

1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

←————→

Low High

End of Knowledge Check

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Course Feedback – Fitness for Life

TO QUALIFY FOR A MUG OR WATER BOTTLE YOU MUST COMPLETE IN FULL, THE LEARNING EVALUATION. THIS IS A VOLUNTARY SUBMISSION. IF YOU DO NOT COMPLETE THIS YOUR WORKBOOK WILL STILL BE MARKED AND CERTIFICATED, BUT YOU WILL NOT BE ELIGIBLE FOR ANY OF OUR INCENTIVISED GIFTS.

Please clearly write your full name here:

We value your feedback. Please rate each aspect on the scale below:

1. The quality, style and tone of the videos.

1 2 3 4 5 6 7 8 9 10

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Low

High

2. The clarity of the answer book.

1 2 3 4 5 6 7 8 9 10

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Low

High

3. Your enjoyment of this course.

1 2 3 4 5 6 7 8 9 10

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Low

High

Please tell us what you enjoyed most about this course

Please give us one suggestion to improve this course
