

**Edexcel BTEC Level 3 Diploma In Sport - Summer Bridging Task**

**Timescale: To be completed by Tuesday 03 September 2019**

**Scenario**

There is a serious concern within the medical profession about the health and well - being of people within the UK. Obesity rates are one of the highest in the world and this causes a huge drain on the NHS as lots of serious medical issues are linked to obesity such as heart attacks and strokes. The government has written to schools requesting information on the main causes of poor health. They would also like to know what can be done to stop the declining health of our society.

**Task:**

You have been asked to explain the main contributors to the decline in health of the UK. You may choose from at least **three** the following although you may discuss other factors not found below:

- An increase in a sedentary lifestyle
- A 'unbalanced' diet
- Lack of exercise after the age of 15
- Increased levels of stress related illnesses

You must describe each factor in depth and discuss **WHY** you believe it has become more of an issue in modern society. **(PASS)**

You must then explain what you believe can be done to help reduce the problem for each factor explained above. This may be strategies which the government can introduce such as specific campaigns. They may also introduce new laws and legislations. How could the local councils help solve the issue. What can schools do to help? **(MERIT)**

You have been asked to work with a group of year 7 students. The school nurse is concerned about their weight and the impact it will have on them in later life. You will plan a programme for them over the summer holidays. The programme should include the following:

Their physical Activity Schedule (over at least 4 weeks) – This must include the FITT Principle of training.

Their dietary requirements – remember you must include a 'balanced diet

You must finally justify **WHY** you have chosen the programme, for example why have you increased the distance cycled or increased the amount of training per week. Why have you included chicken and pasta in their diet and cut out fast food etc. **(DISTINCTION)**

You **MUST** attempt all parts of the task. Remember the MERIT section will be in greater detail than the PASS section. The DISTINCTION section must be analysed in great depth when justifying your programme.