

PERSONAL HEALTH and WELLBEING Level 2

Common Assessment Task

Work Requirements:

Unit 4 - Personal Fitness Report

Assessment Type:

Multimodal Product

Criteria being assessed:

- Criterion 1 - elements 1 and 2
- Criterion 2 - elements 3 and 5
- Criterion 3 - elements 1, 2 and 3

Suggested conditions:

- This task should take learners 2 hours.
- 400 words (maximum) or 3-minute presentation.
- Learners have a degree of flexibility in the mode of presentation - the final product is to be submitted and stored electronically.
- This task requires an individual response by each learner.

Task Description:

Designing a 4-week lifestyle and fitness improvement program.

- Include some goals and actions for:
 - » nutrition
 - » sleep
 - » exercise
 - » social areas of your life.

What you need to do:

4-week lifestyle and fitness improvement program

You are to reflect on your current lifestyle and profile before planning and designing a 4-week program with clear goals and actions.

Your response should have 3 parts:

PART 1 – Reflection (100 words)

- Describe your current lifestyle, fitness levels and how well you are managing normal patterns in your diet, sleep, exercise, and social life.

PART 2 – Planning Goals and Actions

- Include goals and actions for:
 - » nutrition
 - » sleep
 - » exercise
 - » social areas of your life.

Area of Focus	Week 1	Week 2	Week 3	Week 4
Nutrition Goal				
Nutrition Action				
Sleep Goal				
Sleep Action				
Exercise Goal				
Exercise Action				
Social Goal				
Social Action				

PART 3 – Review (100 words)

- Provide feedback describing the outcomes of your program.
- This should include:
 - » major successes, challenges, or setbacks
 - » the overall impacts of completing your 4-week program
 - » 3-4 other key areas for improvement
 - » any other observations or opinions for future planning and management of your wellbeing.

Teacher use only - What needs to be submitted for assessment?

Learners digitally submit a (400 word maximum) response.