## Step three – Educational activity

### Mark scheme – Educational activity

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| **Did the learner:** | **Possible marks** | **Actual marks** |
| Design an educational activity that looks professional and is free  from errors (spelling, punctuation and grammar)? | **4**  (minimum 3 marks) |  |
| Design an educational activity that can be adapted for use with  future clients? | **1**  (minimum 1 mark) |  |
| Design an educational activity that uses current information  supported by relevant references? | **2**  (minimum 1 mark) |  |
| Include guidance on exercise that is relevant to their client’s goals? | **2**  (minimum 1 mark) |  |
| Include the current evidence-based exercise frequency, intensity,  time and type (FITT) guidelines? | **4**  (minimum 3 marks) |  |
| Include guidance on nutrition that is relevant to their client’s goals? | **2**  (minimum 1 mark) |  |
| Include information from national food guides, professional dietetic  bodies or independent scientific bodies? | **1**  (minimum 1 mark) |  |
| **Result total /16** (13 marks in total, with the minimum set marks achieved for each section required to pass)  **Pass / Refer** | | |
| **Assessor’s feedback:** | | |