## 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 freefrom errors (spelling, punctuation and grammar)? | **4**(minimum 3 marks) |  |
| Design an educational activity that can be adapted for use withfuture clients? | **1**(minimum 1 mark) |  |
| Design an educational activity that uses current informationsupported 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 dieteticbodies 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:** |