



The Thomas Hardy School

Summer Preparation Task

Physical Education A Level

Purpose of task:

To prepare future AS PE students for the specification and its links to a balanced active and a healthy lifestyle.

Task:

The Government is increasingly concerned at the levels of obesity and inactivity in the population. It is funding many strategies whose aim is to educate and improve the lifestyle of the UK population.

GP surgeries often refer patients with a BMI over 30 to a Personal Trainer.

You will need to research this area, suggest lifestyle improvements and make recommendations for a fitness programme from the perspective of a Personal Trainer (both exercise and diet related) to a 50 year old client with obesity who has been referred to you.

Aim for at least 1000 words (include diagrams and charts/pictures as necessary.)

Recommended resources:

Daily newspapers (broadsheet)

Google

Public library

PE Review magazine

See below

Additional Information:

Recommended reading & activities list:

OCR PE 2nd edition-from School library

Health and fitness magazines and websites

PE Review magazine

www.nhs.uk/Livewell/fitness/Pages/Whybeactive.aspx

Deadline for Task: First lesson in week commencing 11th September 2017