

## Uniformed Public Service Level 3 Fitness Assignment

**Student Name (PRINT):**

### Student declaration

I declare that all the work submitted for this assignment is my own work and that no part of it has been copied from any source. I understand that if any part of the work submitted is found to be plagiarised, none of the work submitted will be allowed to count towards the assessment.

**Student Signature**

**Date**

### Learning Outcome:

1. Participate in a public service fitness test.
2. Compare results against a public service fitness entry test.
3. Design a fitness programme to improve fitness levels.

### Background Scenario:

The uniformed public services are very active professions and there will be times when they need to respond physically to an incident or situation. This means in order to be a good public service officer you will need to be physically fit and healthy enough to do your job.

In addition, all public service employees are required, at some stage of their career, to research and manipulate data in order to provide detailed reports and evaluate different situations. It doesn't matter if you're new to your chosen service or have been working in it for many years. As a public servant one of the most valued skills you can have, is to be able to research information asked for and present it in a format suitable for the intended audience; this is usually in a manner which is easy to understand. Being able to communicate information like this enables commanders and senior managers to make major decisions without delay.

This assignment has been specifically designed to enable you to test your current level of fitness against your chosen public service it will also enable you to analyse your own results and those of your team members in order to deliver a detailed report and provide an evaluation of the results.

### Assignment Criteria:

- P1 Undertake a fitness test used by a Public Service.
- P2 Identify fitness test entry levels for a chosen public service.
- M1 Analyse own performance in a Public Service fitness test.
- M2 Compare current fitness level against a chosen public service entry test.
- D1 Devise a fitness programme to improve own performance in a Public Service fitness test.

**Assignment tasks:**

There are 3 tasks to this assignment:

<b>SUMMARY OF ASSIGNMENT TASKS</b> With details of evidence to be provided	Cross referencing of tasks to grading outcome(s)		
	P	M	D

Task 1			
<b>Complete by</b>	<b>28 Jun 17</b> <b>THIS TASK REQUIRES YOU TO WORK WITH OTHER PEOPLE ON THE INDUCTION DAY AND GATHER INFORMATION ON THEIR FITNESS TEST RESULTS AS WELL AS YOUR OWN.</b>		
<b>Title</b>	<b>Uniformed Public Service Fitness Testing</b>		
<b>Scenario</b>	Personnel working within the uniformed public services need to be fit in order to carry out their duties safely. During your induction you will take part in a variety of fitness tests, recording your results as well as the results of other students.		
Physical fitness is important in all the Uniformed Public Services.  You will take part in a series of physical tests during your induction. During these fitness tests you should ensure that you carry out the following:		P1	
<ul style="list-style-type: none"> <li>a. Complete each test to the best of your ability.</li> <li>b. Record your own results at the end of each test.</li> <li>c. Record all the results of your group.</li> </ul>			
<p><b>Super grade:</b> This particular part of the assignment is designed to test your current level of fitness and generate information and data that will be used in task 2.</p> <p><b>You must ensure that you gather all the information during the fitness test by writing it down on the progress chart that will be issued to you.</b></p>			

Task 2			
<b>Completion date</b>	5 Sep 17		
<b>Title</b>	Evaluating Performance		
<b>Scenario</b>	The public services rely heavily on the rapid transfer of data and information that is both accurate and reliable. Following your fitness test you will now be required to use the information you have gathered to prepare a detailed report on your progress and that of your team.		
<b>This part of the assignment is to be hand written.</b>			
<p>Using the information that you have now gathered prepare a written report or visual presentation (with speaker notes) of your own fitness test and analyse your own performance. You should ensure that you:</p> <ol style="list-style-type: none"> <li>1. <b>Present</b> your findings in graph <b>and</b> table format.</li> <li>2. <b>Calculate</b> the average score of the group on each test.</li> <li>3. Include sections in your report, or slides in your presentation, using the following titles:               <ol style="list-style-type: none"> <li>a. The effects on your body during and immediately after your test (including how you felt).</li> <li>b. Your level of fitness compared to the rest of the group.</li> <li>c. How you are going to improve your current level of fitness.</li> </ol> </li> </ol>			M1
<p><b>Super grade:</b> This is an extension of task 1 and will assess your ability to gather and compare data and information. When comparing your own performance against other students you must ensure that you explain in detail your own areas of strength and areas for improvement. You will certainly wish to include bar charts or pie charts to show the various results.</p>			

Task 3			
<b>Completion date</b>	5 Sep 17		
<b>Title</b>	Public Service Entry Tests		
<b>Scenario</b>	Fitness tests vary for each public service and some are much harder than others. This task requires you to investigate the requirements of a public service fitness test and identify what preparation you need to do in order to improve your current test results.		
<p>One of the first activities you will complete in September when you join your course will be another public service fitness test. Your current results will be used as a benchmark to identify what progress you have made during the summer holiday.</p>			
<p>Using your chosen public service, write a short information leaflet about their fitness test entry requirements.</p>		P2	

<p>Then in a short essay compare the results from your test on the induction with those required to enter your chosen service. By comparing the service's requirements with your own results you should be able to gain the Merit criterion.</p> <p>By devising your own fitness training plan and putting it into practice you will be aiming at the Distinction criterion.</p>		M2	D1
<p><b>Super grade:</b> To gain the best grade possible, you should discuss the activities in the fitness test and what they are designed to assess. Using your own results and matching them to the entry test will enable you to compare your current fitness levels with those required by your chosen service.</p> <p>When planning your training programme, don't forget to include dates, timings, a variety of activities, progressions etc. Ensure that you set realistic and achievable objectives or targets. Then complete your training programme, ensuring that you keep an accurate record of:</p> <ul style="list-style-type: none"> <li>• What you do each session.</li> <li>• Your performance, especially any improvements.</li> <li>• How you feel about the training.</li> </ul> <p>You should also consider the types of training programme available to you, such as: continuous training, resistance training, running, swimming, cycling, cross training, circuit training and weight lifting. You may find it useful to use the FITT and/or SPORT principles when designing your programme.</p> <p>Finally, remember to warm-up and cool down after your sessions – <b>but most of all enjoy yourself!</b></p>			

## Additional Pointers!

### Textbooks & Journals

Heyward V H – *Advanced Fitness Assessment and Exercise Prescription* (Human Kinetics, 2006)

ISBN 0736057323/9780736057325

Howley E T and Franks B D – *Health Fitness Instructor's Handbook* (Human Kinetics Europe, 2003)

ISBN 0736042105/9780736042109

Watson A W S – *Physical Fitness and Athletic Performance: A Guide for Students, Athletes and Coaches* (Longman, 1996) ISBN 0582091101/9780582091108

### Websites

Army jobs

British Association of Sport and Exercise Sciences

Fire Service

Human Kinetics

Police Service information

Royal Air Force

Royal Navy

Sports Coach UK

[www.armyjobs.mod.uk](http://www.armyjobs.mod.uk)

[www.bases.org.uk](http://www.bases.org.uk)

[www.fireservice.co.uk](http://www.fireservice.co.uk)

[www.humankinetics.com](http://www.humankinetics.com)

[www.policecouldyou.co.uk](http://www.policecouldyou.co.uk)

[www.raf.mod.uk](http://www.raf.mod.uk)

[www.royal-navy.mod.uk](http://www.royal-navy.mod.uk)

[www.sportscoachuk.org](http://www.sportscoachuk.org)