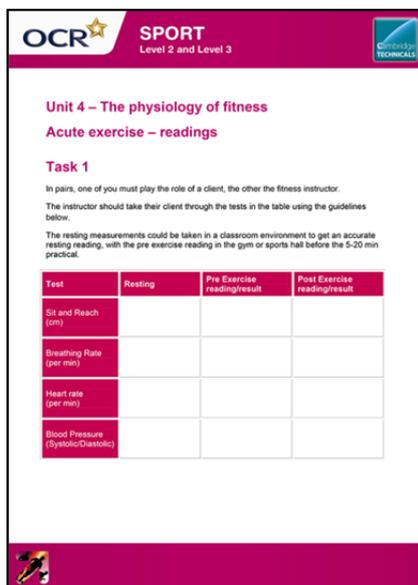


## Unit 4 – The physiology of fitness

### Acute exercise – readings

#### *Instructions and answers for teachers*

*These instructions should accompany the learner task - OCR resource 'Acute exercise – readings', which supports Cambridge Technicals in Sport Level 3 Unit 4 – The physiology of fitness.*



**OCR** **SPORT**  
Level 2 and Level 3

**Unit 4 – The physiology of fitness**  
**Acute exercise – readings**

**Task 1**

In pairs, one of you must play the role of a client, the other the fitness instructor.  
The instructor should take their client through the tests in the table using the guidelines below.  
The resting measurements could be taken in a classroom environment to get an accurate resting reading, with the pre exercise reading in the gym or sports hall before the 5-20 min practical.

Test	Resting	Pre Exercise reading/result	Post Exercise reading/result
Sit and Reach (cm)			
Breathing Rate (per min)			
Heart rate (per min)			
Blood Pressure (Systolic/Diastolic)			

**Associated Files:**  
Acute exercise - readings

**Expected Duration:**  
Task 1 – 1 hour



*This activity offers an opportunity for maths skills development.*

Teachers should provide a suitable space to perform 5-20 minutes of practical exercise. This could be in the form of a short exercise session using exercises such as star jumps or a step test, or a longer gym session using cardiovascular equipment.

Learners should be put into pairs and will need access to a sit and reach box, and a blood pressure monitor, and instructions/demonstrations on how to accurately administer the tests.



## Task 1

In pairs, one of you must play the role of a client, the other the fitness instructor.

The instructor should take their client through the tests in the table using the guidelines below.

The resting measurements could be taken in a classroom environment to get an accurate resting reading, with the pre exercise reading in the gym or sports hall before the 5-20 min practical.

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Blood Pressure (Systolic/Diastolic)			

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