

# SPORT Level 2 and Level 3



### Unit 4 – The physiology of fitness

## Fitness tests advantages and disadvantages

#### Instructions and answers for teachers

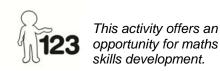
These instructions should accompany the learner task - OCR resource 'Fitness tests advantages and disadvantages', which supports Cambridge Technicals in Sport Level 3 Unit 4 – The physiology of fitness.



#### **Associated Files:**

Fitness tests advantages and disadvantages poster example

# **Expected Duration:** Task 1 – 2 hours



Learners could analyse the different fitness tests completed in the fitness test practical for each component of fitness and compare the strengths and weaknesses of the tests.

Learners could produce a poster using a versus theme similar to a sporting contest. Using bullet points to give a summary of their findings and 'the winner'.

To give us feedback on, or ideas about the OCR resources you have used, email resourcesfeedback@ocr.org.uk

#### OCR Resources: the small print

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