

## 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



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

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'.

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#### **OCR Resources:** *the small print*

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