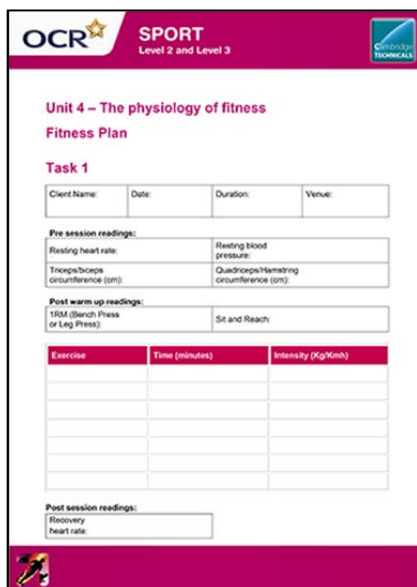


Unit 4 – The physiology of fitness

Fitness plan

Instructions and answers for teachers

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



Associated Files:
Fitness Plan

Expected Duration:
Task 1 – 3 hours



This activity offers an opportunity for maths skills development.

Set up a practical session to allow learners to perform the fitness tests researched and produced in the fitness test protocol leaflet. In pairs learners could carry out tests according to the protocol detailed in a leaflet produced by another pair.

Tests may include multi stage fitness test, step test, sit and reach, vertical jump, dynamometer test, cooper run, sit up test, press up test, or the walk test.



Task 1

Client Name:	Date:	Duration:	Venue:
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Pre session readings:

Resting heart rate:	Resting blood pressure:
Triceps/biceps circumference (cm):	Quadriceps/Hamstring circumference (cm):

Post warm up readings:

1RM (Bench Press or Leg Press):	Sit and Reach:
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Exercise	Time (minutes)	Intensity (Kg/Kmh)

Post session readings:

Recovery heart rate:

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OCR Resources: *the small print*

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