



THE **MARSH** ACADEMY

WHERE **LEARNING** COMES FIRST

Uniformed Public Service Fitness

Unit 3

Unit abstract

By failing to prepare, you are preparing to fail'. The uniformed public services are active professions. Their roles are active and physical meaning that people working in the uniformed services need to be fit to do the work.

This unit will introduce and help learners to understand the importance of personal health and lifestyle and the impact that it has on their fitness. It will also give them the opportunity to take part in various public service fitness tests and assess their own fitness levels in relation to the required standards of that service. They will also gain knowledge to be able to develop and plan their own training program.

This unit will introduce learners to the basic body systems that are associated with health and fitness and an understanding of basic anatomy and physiology; they will gain knowledge of the effects that exercise will have on these systems, both in the short and long term, and through this learners will have a better understanding of how they can be effectively trained and developed.

Learners will develop their knowledge of the importance of lifestyle and nutrition and its effect on their fitness. They will understand what is required from a balanced diet for nutritional health and the impact of good and bad nutrition in relation to this. Learners will also look at how various aspects of lifestyles can have a detrimental effect on their health and fitness.

This unit will also give learners the opportunity to research and undertake some of the various selection and annual fitness tests that are carried out within the public services. In addition they will gain an understanding into why such tests take place and their relevance and reasoning.

The final learning outcome will give learners the opportunity to develop their knowledge of various training methods and programme used within the services to assess and develop the individual's fitness. This will give all learners the knowledge to develop an individual fitness training program in preparation for entry into their chosen public service.

Learning outcomes

On completion of this unit a learner should:

- 1 Know the major body systems associated with health and fitness
- 2 Understand basic nutrition and its effect on health
- 3 Be able to take part in a fitness test in order to appreciate the requirements of the public services
- 4 Be able to develop and complete a personal fitness training programme.

ASSIGNMENT 1 (P1 M1)

SCENARIO

In the Uniformed Public Services being physically fit is an essential part of the job. It is important that you understand what these structures look like and how they work. These body systems are used in everyday tasks and need to be looked after through training and diet.

Title; structure and function of the major body systems

P1) Powerpoint

Create four clearly labeled diagrams of the skeleton (bones), major muscles, heart and lungs.

- You must label each structure.
- Describe the function of these systems and structures. What do they do and how do they work.

M1) Publisher (poster)

Create a poster which shows the four major systems and describes the short and long term effects of exercise on the skeleton (bones), muscle, heart and lungs.

Resources;

<http://www.bbc.co.uk/schools/gcsebitesize/>

Marsh Academy – ICT Resources – 2007/08 – P.E. – Boardworks – Then choose the appropriate presentation.

BTEC FIRST DIPLOMA

PUBLIC SERVICES

Assignment: 1 Body Systems

Unit: 3 Public Service Fitness

Student Name:

Assessor:

Date Issued:

Target Completion Date:

Date Submitted and Staff Initials:

Unit outcomes that can be achieved with this assignment

1. Know the major body systems associated with health and fitness

Key Skills Opportunities available in this assignment

INTERNAL VERIFICATION

This Assignment Brief has been internally verified before being issued to students and the activity recorded on a BTEC Assignment Brief Verification Form.

The Internal Verifier will verify a sample of assessment decisions and record this activity on a BTEC Assessment Decisions Verification Form.

Student Comments:

Student Signature:

Date:

Assessment Decision Internally Verified by: (Print Name)

Date:

(Signature)

ASSIGNMENT 2 (P2 M2)

SCENARIO

Nutrition is a vital part of keeping ourselves healthy alongside regular exercise. There are seven food groups which we need in different amounts to stay healthy and fit. Being healthy is a vital part of the job in Public Services, so we need to know what to eat and in which amounts. These food groups give us the nutrients required for our bodies to function effectively.

Title: Nutrition, The benefits of a healthy balanced diet.

P2) Powerpoint

Design a PowerPoint presentation that describes the function and purpose of each of the seven food groups. The presentation must include;

- Which foods contain fats, carbohydrates, proteins, vitamins, minerals, fibre and water?
- What benefits do they have for our body?

M2) Publisher (Leaflet)

Create a leaflet that describes why good nutrition is important to good health.

- Benefits to our body systems
- Daily requirements
- Weight control
- Health problems caused by poor diet
- **Resources;** <http://www.bbc.co.uk/schools/gcsebitesize/>

BTEC FIRST DIPLOMA

PUBLIC SERVICES

Assignment: 2 NUTRITION

Unit: 3 PUBLIC SERVICE FITNESS

Student Name:

Assessor:

Date Issued:

Target Completion Date:

Date Submitted and Staff Initials:

Unit outcomes that can be achieved with this assignment

2 Understand basic nutrition and its effect on health

Key Skills Opportunities available in this assignment

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ASSIGNMENT 3 (P3)

SCENARIO

There are five components of fitness that each of us require for daily tasks. As you get older and are employed in a Public Service these five components may / will be important to your job especially in the emergency services and armed forces. When you are working in these jobs, or training for one it is important to understand what these components mean, how you would use the in your job and how you could improve them.

Title; How components of fitness relate to a Uniformed Public Service

P3) Publisher (Poster)

Design a poster that describes the five components of fitness and how they relate to a chosen Public Service i.e. emergency services and armed forces.

- Cardiovascular fitness
- Muscular Strength
- Muscular Endurance
- Flexibility
- Body Composition

Resources; <http://www.bbc.co.uk/schools/gcsebitesize/>

Marsh Academy – ICT Resources – 2007/08 – P.E. – Boardworks – Then choose the appropriate presentation.

<http://www.brianmac.co.uk/>

BTEC FIRST DIPLOMA

PUBLIC SERVICES

Assignment: 3 components of fitness

Unit: 3 fitness

Student Name:

Assessor:

Date Issued:

Target Completion Date:

Date Submitted and Staff Initials:

Unit outcomes that can be achieved with this assignment

- 1 Know the major body systems associated with health and fitness
- 2 Understand basic nutrition and its effect on health

Key Skills Opportunities available in this assignment

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BTEC ASSESSMENT FEEDBACK SHEET

Student Name:

Assessor Name:

Course Title: Public Services

Unit Title: Public Service Fitness **Assignment Number: 3**

Grading Criteria Possible*	P3							
Grading Criteria Achieved (please tick)								

Assessor Comments: (Please include guidance about what the student needs to do in order to improve)

Key Skills

Elements Achieved:

Assessor Signature:	Date:
Student Comments:	
Student Signature:	Date:
Assessment Decision Internally Verified by: (Print Name)	
Date:	(Signature)

ASSIGNMENT 4 (P4 M3 D2)

SCENARIO

Most of the Uniformed Public Services have certain fitness requirements before they are even considered for a position in the service. As many of the daily jobs are physically challenging it is essential that people in these types of jobs are prepared for the day to day activities they may face.

Title; Fitness testing

P4)

You must take part in a fitness test used by one of the public services.

- Multi – stage fitness test (RAF, Police, Navy, Fire Service)

M3/ D1)

Write a short piece of work analysing and evaluating your performance in Public service fitness test. Think about the following;

- What happened to your body? (muscles, heart and Lungs)
- How did you feel?
- Could you have tried harder?
- How did you feel mentally before, during and after?

Resources;

<http://www.bbc.co.uk/schools/gcsebitesize/>

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BTEC FIRST DIPLOMA

PUBLIC SERVICES

Assignment: 4 Fitness Testing

Unit: 3 Fitness

Student Name:

Assessor:

Date Issued:

Target Completion Date:

Date Submitted and Staff Initials:

Unit outcomes that can be achieved with this assignment

3 Be able to take part in a fitness test in order to appreciate the requirements of the public services.

Key Skills Opportunities available in this assignment

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(Signature)

ASSIGNMENT 5 (P5)

SCENARIO

There are many methods of training to improve fitness and we need to be safe when taking part in exercise. Training methods use a variety of areas, equipment and environments, all of this needs to be considered before we take part in any kind of activity to ensure the safety of everyone.

Title; Health and safety in physical training programme.

P5) Health and safety form (resources)

Produce a comprehensive risk assessment for your chosen training activity (circuit training). This should be in the form of a written report and should cover the following;

- Qualifications of staff
- Relevant guidelines for the use of any equipment
- Health and safety issues concerned with the activity
- Use the attached risk assessment form

Resources;

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BTEC FIRST DIPLOMA

PUBLIC SERVICES

Assignment: Health and safety in physical training programme.

Unit: 3 Fitness

Student Name:

Assessor:

Date Issued:

Target Completion Date:

Date Submitted and Staff Initials:

Unit outcomes that can be achieved with this assignment

4 Be able to develop and complete a personal fitness training programme

Key Skills Opportunities available in this assignment

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ASSIGNMENT 6 (P6)

SCENARIO

Physical Training is an important part of staying fit and healthy for the Uniformed Public Services. To do this you need to know how to write a basic fitness plan. This plan will help you to focus on your strengths and areas for improvement. Training programmes should be tailored for individual's needs (not everyone is the same or has the same needs).

Title; Planning a training programme to improve performance in a fitness test.

P6) Training grid in resources

Using the grid provided create a six week training programme focusing on circuit training. Which part of your fitness do you need to improve? Is it your strength, endurance or both? Take into account any other activities you do outside of school. Do not forget to use the F.I.T.T principle to increase the;

F – Frequency

I – Intensity

T – Time

T – Type

Explain the use of the acronym S.P.O.R.T at the top of the sheet.

S – Specificity

P – Progression

O – Overload

R – Reversibility

T – Tedium (the quality of work) is it boring?

M4) In a Word document

Write a piece of work that explains why these methods are used when planning a fitness training programme. Use the following points to help you in your work;

- F.I.T.T. principle
- S.P.O.R.T.
- Think about the purpose of your training. What are you trying to improve?
- Did you enjoy the training
- Did you improve your fitness?

Resources;

<http://www.bbc.co.uk/schools/gcsebitesize/>

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<http://www.brianmac.co.uk/>

BTEC FIRST DIPLOMA

PUBLIC SERVICES

Assignment: 6 Training Programme

Unit: 3 Fitness

Student Name:

Assessor:

Date Issued:

Target Completion Date:

Date Submitted and Staff Initials:

Unit outcomes that can be achieved with this assignment

4 Be able to develop and complete a personal fitness training programme

Key Skills Opportunities available in this assignment

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