

**BTEC 90 Credit Diploma in Public Services**

**Name:**

**UNIT 6- Fitness Testing and Training for the Uniformed Public Services**

**2018/2019**

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| **ASSIGNMENT BRIEF -** |
| **Introduction -**  Workers in the public services need to be physically fit and lead a healthy lifestyle, as their roles are usually very active and physically demanding. This unit will give you the knowledge, understanding, skills and practical experience to be able to prepare for entry into the uniformed public services.  You will be introduced to the fitness requirements of the public services and measure your own current fitness levels. |

**Learning Outcomes -**

In this unit you will:

**A.** Know the fitness requirements for entry into the uniformed public services

**Scenario -**

You are working in a Public Services recruiting office and you have been put in charge of informing potential recruits of the physical fitness requirements for three different Public Services.

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| **TASK** | **TASK DESCRIPTION** | **GRADING**  **CRITERIA** | **Submission date** | **ASSESSOR** |
| **1** | You must produce an informative leaflet for the following Public Services:   * Police Service * Fire Service * British Army (officer and soldier)   Each leaflet must **describe** the fitness test (a set of instructions) and fitness requirements (pass standard).  You should include information about:   * the reasons for the differences between entry requirements for different public services * the reasons for the inclusion of particular tests within public services e.g. why is it important we assess the strength for soldiers? * whether there are ongoing/repeat fitness tests during your Public Service career | **P1** | First BTEC Public Services lesson | ALE |
| **Evidence you must produce for this task.** | Three leaflets (either on PowerPoint, Publisher, Word or hand written) with pictures | | | |
| **Criteria covered by this task:** | | | | |
| Describe the entrance fitness requirements and tests of three different public services | | | | **U6 P1** |

If you experience any difficulties with this piece of work please email Vicky ([vac@asfc.ac.uk](mailto:vac@asfc.ac.uk))