

**Task 2**

Provide a written interpretation of your test results and personal level of fitness. Use available national averages to compare your fitness test results to those of others your age. You will then need to provide a written evaluation of your test results and personal level of fitness, identifying strengths and areas for improvement (M2), showing that you have considered the level required to achieve excellence in your chosen sport (D1).

**This provides evidence for:**

**P5**

**M2**

**D1**

**This provides evidence for:**

**Task 3**

**This provides evidence for:**

**P4**

**Task 1**

Carry out four different fitness tests for different components of fitness, providing an accurate written record of your results. You will need to ensure that you adhere to pre-test procedures, follow standard test procedures, and consider the reliability, validity and practicality of the tests.

**Scenario**

You have recently joined a local sports club, and the coach wants to access your fitness levels in order to design a personal training programme. You have been asked to participate in four different fitness tests for different components of fitness. To assist with your coach in preparing a suitable programme you have been asked to identify and describe several key issues that will have an effect on the success of your programme.

**Sources of information**

***Textbooks***

***Websites***

**The purpose of this assignment is to:**

Enable learners to investigate their personal fitness levels by participating in a series of fitness tests and interpreting test results.

Assessing Fitness Levels – How Fit are You?

Assignment Title

Mr Hepples

30th June 2012

1st March 2012

BTEC Level 2 First Diploma in Sport

Assessor (teacher)

Deadline date

Start date

Qualification

Unit 1 Fitness Testing and Training

Unit Title