

**Name:**

**Unit 5 – Improving Health and Fitness for Entry to the Uniformed Public Services**

**2018/2019**

**BTEC First Diploma in Public Services**

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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:

**3.** Be able to take part in fitness tests in order to appreciate the requirements of 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 must also **identify** the component of fitness that it being tested e.g. strength, power, stamina. | **P6** | First BTEC Public Services lesson | VAC |
| **Evidence you must produce for this task.** | Three leaflets (either on PowerPoint, Publisher, Word or hand written) with pictures | | | |
| **Criteria covered by this task:** | | | | |
| Identify components of and testing methods for fitness | | | | **P6** |

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