

Unit 6 Fitness Testing And Training For The Uniformed

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Unit 6: Fitness Testing and Training for the Uniformed Public Services Unit code: F/600/6023 QCF Level 3 BTEC National Credit value: 10 Guided learning hours 60 Aim and purpose The aim of this unit is to enable learners to know the fitness requirements for entry into the uniformed public services and the different methods of fitness training.

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For the The Royal Marines Pre Joining Fitness Test, you will have to complete two 2.4km runs (1.5 miles) each with the treadmill set at a 2% incline. To pass you will need to do the first run in under 12 minutes 30 seconds. Then complete the second 2.4km run immediately after wards in less than 10 minutes – regardless of your age.

[Unit 6: Fitness Testing and Training by simon edwards](#)

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complete assignment of unit 6 task 1 - P1 Describe the entrance requirements and tests of three different public services.. P2 Outline a fitness test for the main components of fitness and compare results based on a public service entrance test..... M1 Explain the strengths and areas for...

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Essay Unit 6 Assignment 1 - Fitness tests, components of fitness and methods of fitness training. D*D*D* achieved for this course, BTEC Level 3 Extended Diploma in Public Services. All assignments completed to maximum grade, and referenced where appropriate. Leave a review if you have any questions! Anna :&rparr;

[Unit 6 assignment 1 - fitness tests components of fitness](#)...

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FONTS Unit 6 Fitness Testing: Assignment 1 PNF Strech Proprioceptive Neuromuscular Facilitation stretching, is a set of stretching exercises commonly used to enhance both active and passive range of motion with the ultimate goal being to optimize motor performance Royal Navy Army

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complete assignment of unit 6 task 1 - P1 Describe the entrance requirements and tests of three different public services.. P2 Outline a fitness test for the main components of fitness and compare results based on a public service entrance test..... M1 Explain the strengths and areas for improvement of the fitness test | See more info

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Mohammed Avais 45104170 Unit 6 Fitness Testing for Sports and Exercise Task 1: A brief description of the components of fitness Muscular Endurance Muscular endurance is how long your muscles can maintain doing a specific exercise for a long period of time. It is important for elite athletes to have a high muscular endurance because their muscles are constantly working during sports specific ...

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BTEC Level 3 90 Credit Diploma Public Services Unit/s 6: Fitness Testing and Training for the UPS. Lecturer Chris Pickering, Assessor Chris Pickering. Learning Outcomes and Criteria Targeted ...

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6 Fitness testing for sport and exercise This unit introduces you to the concepts of fitness testing and health screening. The aim of the unit is to give you the skills, knowledge and experience to allow you to carry out fitness tests on an individual, for example a client from your local sports club. You will look at the different fitness tests,

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Unit 6: Fitness Testing and Training for the Uniformed Public Services F/600/6023 BTEC National 10 Unit code: QCF Level 3 Credit value: Guided learning hours 60 Aim and purpose The aim of this unit is to enable learners to know the fitness requirements for entry into the uniformed public services and the different methods of fitness training. It also teaches learners how to plan, monitor and review a fitness training programme.

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Unit 6 - Fitness Testing and Training for the Uniformed Public Services. Essay. Public Services Level 3 Unit 6 task 2 - Fitness Testing and Training for the Uniformed Public Services. this assignment covers all criteria for task 2 - P3	Describe one method of fitness training for the main components of physical fitness.......	M2	Explain one method of fitness training for six different components of physical ...

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Starts with a fitness tests, (Adapted bleep test) 4/5 weeks of training for their fitness then re-test to see if children have improved. Starts with a fitness tests, (Adapted bleep test) 4/5 weeks of training for their fitness then re-test to see if children have improved. Unit 1 - BTEC Sport - Complete

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Fitness Testing and Training in the Uniformed Public Service Unit 6 Assignment 1 In this assignment I will be discussing the entry fitness requirements for three public services, and the components of fitness that supports the service. I would firstly like to discuss the Police fitness test.