

Assessment activity front sheet

This front sheet **must be completed by the learner** where appropriate and included with the work submitted for assessment.

Unit: 02 Physical fitness for the uniformed services (J/505/9134)

Course: VF0259: NCFE Level 2 Diploma for Entry to the Uniformed Services

Learner Name (Please enter your name):		
Assessor Name: Ben Clark	Issue Date: Jun 24	End Date: 3 Sep 24
Assignment Title: Fitness Testing in the UPS	Assignment Ref : 1.1	

Assessment Criteria	Grading Achieved
1.1) Identify physical fitness tests used in the recruitment process by a specific uniformed service	
1.2) Describe levels of achievement required in the physical fitness tests used in recruitment	

Learner's declaration:

I declare that this is my own work. I understand that assignment malpractice such as plagiarism (copying), colluding or other forms of cheating will incur a heavy penalty in line with College and other policies. I have properly acknowledged the books, texts or other material quoted or used in this assignment. I am aware of the college appeals policy in the Student Handbook.

Learner's signature:

Date:

	Pass	Merit	Distinction
1.1 Identify physical fitness tests used in the recruitment process by a specific uniformed service	Candidates can identify physical tests used in the recruitment process by a specific uniformed service	There is no merit criteria.	There is no distinction criteria
1.2 Describe levels of achievement required in the physical fitness tests used in recruitment	Candidates can describe levels of achievement required in the fitness tests used in recruitment	Candidates can give a detailed description of the levels of achievement required in the fitness tests used in recruitment	There is no distinction criteria

Assessor's general comments:

Name:

Signature:

Date:

Student Reflection – I have read the assessor’s feedback. What I need to do next is:

What I need to do in the future is:

Name:

Signature:

Date:

Internal Verification Feedback:

Name:

Signature:

Date:

Unit 2 Physical fitness in the Uniformed services:

In this unit learners will learn about fitness testing used by a uniformed service and about the required standards of physical fitness. The learner will be given an opportunity to assess their own fitness against specific criteria and to develop and refine a personal programme of training to help them achieve and maintain the levels of fitness necessary for admission to their chosen uniformed service. Learners will also consider how diet and exercise contribute to overall fitness. (NCFE, 2016)

Assessment task:

Complete worksheet on physical fitness test/s and when they are used in the recruitment stages of the uniformed public services and what levels of fitness are required to pass the necessary fitness tests:

- 1) Identify physical fitness tests used in the recruitment process by at least two specific uniformed services.
- 2) Describe levels of achievement required in the physical fitness tests used in recruitment.

You must document your research, list the websites and books used.

COMPLETE THIS TASK ON A POWERPOINT AND SAVE READY TO BE UPLOAD ONCE YOU START HERE AT WEST SUFFOLK COLLEGE