

Assignment brief – Public Services Induction

Unit title		
L3 Public Service Fitness		
Learner name		Assessor name
		GXW
Date issued	Hand in deadline	Submitted on
1 May 2020	2 Sep 2020	

Assignment title	Public Service Fitness.
In this assessment, you will have opportunities to provide evidence against the following criteria. You need to indicate the page numbers where the evidence can be found.	

Criteria reference	To achieve the criteria the evidence must show that the learner is able to:	Task no.	Evidence
P1	Undertake a fitness test used by a Public Service.	1	Video/ Witness Statement
P2	Identify fitness test entry levels for a chosen public service.	1	Pres & Handout
M1	Analyse own performance in a Public Service fitness test.	3	Skills Audit
M2	Compare current fitness level against a chosen public service entry test.	3	Skills Audit
D1	Devise a fitness programme to improve own performance in a Public Service fitness test.	3	Skills Audit

Learner declaration
I certify that the work submitted for this assignment is my own. I have clearly referenced any sources used in the work. I understand that false declaration is a form of malpractice.
Learner signature: _____ Date: _____

Assignment brief

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Task 1	Uniformed Public Service Fitness Testing
Purpose of this assignment Personnel working within the uniformed public services need to be fit in order to carry out their duties safely.	
Scenario During your first week, you will take part in a fitness test during which, you will need to record your results as well as the results of other students.	
<p>Physical fitness is important in all the Uniformed Public Services. You would normally take part in a series of physical tests during your induction on the course. However, as we cannot carry out these tests, you will need to do these on your own and record your progress.</p> <p>During these tests you should ensure that you carry out the following:</p> <ol style="list-style-type: none">a. Complete each test to the best of your ability. The multi stage fitness test (bleep test) can be obtained via YouTube.b. Record your own results at the end of each test.c. Compare your results with the rest of a similar group (shown in the table below) <p>This particular part of the assignment is designed to test your current level of fitness and generate information and data that will be used in task 2.</p> <p>You must ensure that you gather all the information during the fitness test by writing it down on the progress chart (found at the end of this assignment).</p> <p>Finally, remember to warm-up and cool down after your sessions – but most of all enjoy yourself!</p> <p style="text-align: right;">This provides evidence for [P1]</p>	

No	Name	Bleep Test	Press Ups	Sit-ups
1	HY	7.1	32	45
2	JM	8	27	50
3	EB	10	33	40
4	WC	7	58	51
5	JS	7.2	20	26
6	CG	3.3	5	30
7	TM	9	25	35
8	CB	4.4	6	24
9	KT	4.6	1	25
10	ET	4.4	6	27
11	TD	6.2	16	32
12	ML	5	13	28
13	ST	6.4	17	49
14	LJ	7.6	23	25
15	DA	10	28	38
16	SM	6	23	27

Task 2	Evaluating Performance
<p>Scenario The public services rely heavily on the rapid transfer of data and information that is both accurate and reliable. Following your fitness test you will now be required to use the information you have gathered to prepare a detailed report on your progress and that of your team.</p>	
<p>Using the information that you have now gathered prepare a written report or visual presentation (with speaker notes) of your own fitness test and analyse your own performance. You should ensure that you:</p> <ol style="list-style-type: none"> 1. Present your findings in graph and table format. 2. Calculate the average score of the group on each test. 3. Include sections in your report, or slides in your presentation, using the following titles: <ol style="list-style-type: none"> a. The effects on your body during and immediately after your test (including how you felt). b. Your level of fitness compared to the rest of the group. c. How you are going to improve your current level of fitness. <p style="text-align: right;">This provides evidence for [M1]</p> <p>This is an extension of task 1 and will assess your ability to gather and compare data and information. When comparing your own performance against other students you must ensure that you explain in detail your own areas of strength and areas for improvement. You will certainly wish to include bar charts or pie charts to show the various results.</p>	

Task 3**Public Service Entry Tests****Scenario**

Fitness tests vary for each public service and some are much harder than others. This task requires you to investigate the requirements of a public service fitness test and identify what preparation you need to do in order to improve your current test results.

One of the first activities you will complete in September when you join your course will be another public service fitness test. Your current results will be used as a benchmark to identify what progress you have made during the summer holiday.

Using your chosen public service, write a short information leaflet about their fitness test entry requirements.

Then in a short essay compare the results from your test on the induction with those required to enter your chosen service.

- By comparing the service's requirements with your own results you should be able to gain the Merit criterion.
- By devising your own fitness training plan and putting it into practice you will be aiming at the Distinction criterion.

This provides evidence for [P2, M1, D1]

To gain the best grade possible, you should discuss the activities in the fitness test and what they are designed to assess. Using your own results and matching them to the entry test will enable you to compare your current fitness levels with those required by your chosen service.

When planning your training programme, don't forget to include dates, timings, a variety of activities, progressions etc. Ensure that you set realistic and achievable objectives or targets. Then complete your training programme, ensuring that you keep an accurate record of:

- What you do each session.
- Your performance, especially any improvements.
- How you feel about the training.

You should also consider the types of training programme available to you, such as: continuous training, resistance training, running, swimming, cycling, cross training, circuit training and weight lifting. You may find it useful to use the FITT and/or SPORT principles when designing your programme.

Evidence checklist	Tick when Complete																
Complete fitness test during induction training																	
Essay, Report or presentation that provides analysis of your results and compares them with other students in the group.																	
Information leaflet that details the current fitness entry requirements of your chosen service.																	
Personal fitness training plan.																	
<p>Sources of information</p> <p>Websites:</p> <table> <tbody> <tr> <td>Army</td> <td>www.army.mod.uk</td> </tr> <tr> <td>Careers advice</td> <td>www.careersadvice.direct.gov.uk</td> </tr> <tr> <td>Careers advice – Direct govt Young People</td> <td>www.direct.gov.uk/en/youngpeople/index</td> </tr> <tr> <td>Fire service</td> <td>www.fireservice.co.uk</td> </tr> <tr> <td>NHS careers</td> <td>www.nhscareers.nhs.uk</td> </tr> <tr> <td>Prison service</td> <td>www.hmprisonservice.gov.uk/careersandjobs</td> </tr> <tr> <td>Royal Air Force</td> <td>www.raf.mod.uk</td> </tr> <tr> <td>Royal Navy/Royal Marines</td> <td>www.royal-navy.mod.uk</td> </tr> </tbody> </table>		Army	www.army.mod.uk	Careers advice	www.careersadvice.direct.gov.uk	Careers advice – Direct govt Young People	www.direct.gov.uk/en/youngpeople/index	Fire service	www.fireservice.co.uk	NHS careers	www.nhscareers.nhs.uk	Prison service	www.hmprisonservice.gov.uk/careersandjobs	Royal Air Force	www.raf.mod.uk	Royal Navy/Royal Marines	www.royal-navy.mod.uk
Army	www.army.mod.uk																
Careers advice	www.careersadvice.direct.gov.uk																
Careers advice – Direct govt Young People	www.direct.gov.uk/en/youngpeople/index																
Fire service	www.fireservice.co.uk																
NHS careers	www.nhscareers.nhs.uk																
Prison service	www.hmprisonservice.gov.uk/careersandjobs																
Royal Air Force	www.raf.mod.uk																
Royal Navy/Royal Marines	www.royal-navy.mod.uk																

ASSESSMENT RECORD SHEET			
Programme	Edexcel BTEC Level 3 Diploma in Public Services	Learner name	
Assignment title	Induction assignment.	Assessor name	GXW
Unit no. & title	Public Service Fitness	Targeted assessment criteria	P1, P2, M1, M2, D1
Issue date	1 May 2020	Submission deadline	2 Sep 2020
First submission / resubmission?*		Date submitted	
Resubmission authorisation by Lead Internal Verifier*		Date	
<p>* All resubmissions must be authorised by the Lead Internal Verifier. Only one resubmission is possible per assignment, providing:</p> <ul style="list-style-type: none"> • The learner has met initial deadlines set in the assignment, or has met an agreed deadline extension. • The tutor considers that the learner will be able to provide improved evidence without further guidance. • Evidence submitted for assessment has been authenticated and accompanied by a signed and dated declaration of authenticity by the learner. <p>**Any resubmission evidence must be submitted within 10 working days of receipt of results of assessment.</p>			
Targeted criteria	Criteria achieved? (Yes / No)	Assessment comments	
P1			
M1			

P2, M2, D1		
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General comments			
Assessor declaration	I certify that the evidence submitted for this assignment is the learner's own. The learner has clearly referenced any sources used in the work. I understand that false declaration is a form of malpractice.		
Assessor signature		Date	
Learner comments			
Learner signature		Date	