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Unit 6: Fitness Testing and  
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The Uniformed  
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

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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

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Unit 6: Fitness Testing

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Assignment brief Unit 6: Fitness

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By Chris Pickering - Issuu

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tests on an individual, for example a client from your local sports club. You will look at the different fitness tests,

Unit 6: Fitness testing for sport and exercise

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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



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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

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three public services, and the components of fitness that supports the service. I would firstly like to discuss the Police fitness test.

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