

Bridging Unit Tasks: Public Services 2020

Points	Task
20	<ol style="list-style-type: none">1. Define the following components of fitness: flexibility, strength, muscular endurance, power, aerobic endurance, speed, reaction time, agility, balance, coordination, BMI, body composition.2. Explain why you think it is important to monitor fitness levels.
40	<ol style="list-style-type: none">3. Identify and then describe the fitness tests that could be used to test each of the components above.
60	<ol style="list-style-type: none">4. Investigate a career working for the Police, Fire, Ambulance, Prison Service, the RAF, British Army or Navy that interests you. Write a report on what is involved in the career and what qualifications are required. State why you are interested in this post
80	<ol style="list-style-type: none">5. Research the job-specific fitness tests that are used by the Army, fire brigade, prison service, Royal Air Force and Royal Marines. Write a summary of each one.
100	<ol style="list-style-type: none">6. Investigate the impact of 2 different Government Policies on a range of Public Services.<ul style="list-style-type: none">• show evidence of wider reading and an attempt to draw conclusions to your findings.• Learners need to include information which identifies how government policies can be influenced by different groups or social factors. <p>Use annotated diagrams, print screen and illustrations as part of your explanation</p> <p>Provide evidence of independent research</p>