Unit Information

Unit: Fitness and Training
Level: 3
Credit Value: 3

What you will study:

You will learn about the main components of fitness, including the different principles of training. You will learn how to plan and conduct an initial health screening of a client. This will also include carrying out and recording a range of fitness tests.

This unit will also include the assessment of a person’s fitness level, looking at the processes and procedures and the strengths and areas of improvement in the context of client’s needs and goals.

How you will be assessed:

1. You will complete a number of short answer questions.