

IMPROVING HEALTH AND FITNESS IN UNIFORMED ORGANISATIONS



Learning Outcome 1

Know the major body systems associated with a healthy lifestyle.



U4 Task 1

AC 1.1 Define key terms associated with a healthy lifestyle.

The table below lists five key terms associated with a healthy lifestyle. Complete the table to show what each term means.

Term	Definition
Fitness	
Health	
Well-being	

Nutrition	
Lifestyle	

**U4 Task 2**

AC 1.2: Describe the effects of exercise on the body systems associated with health.

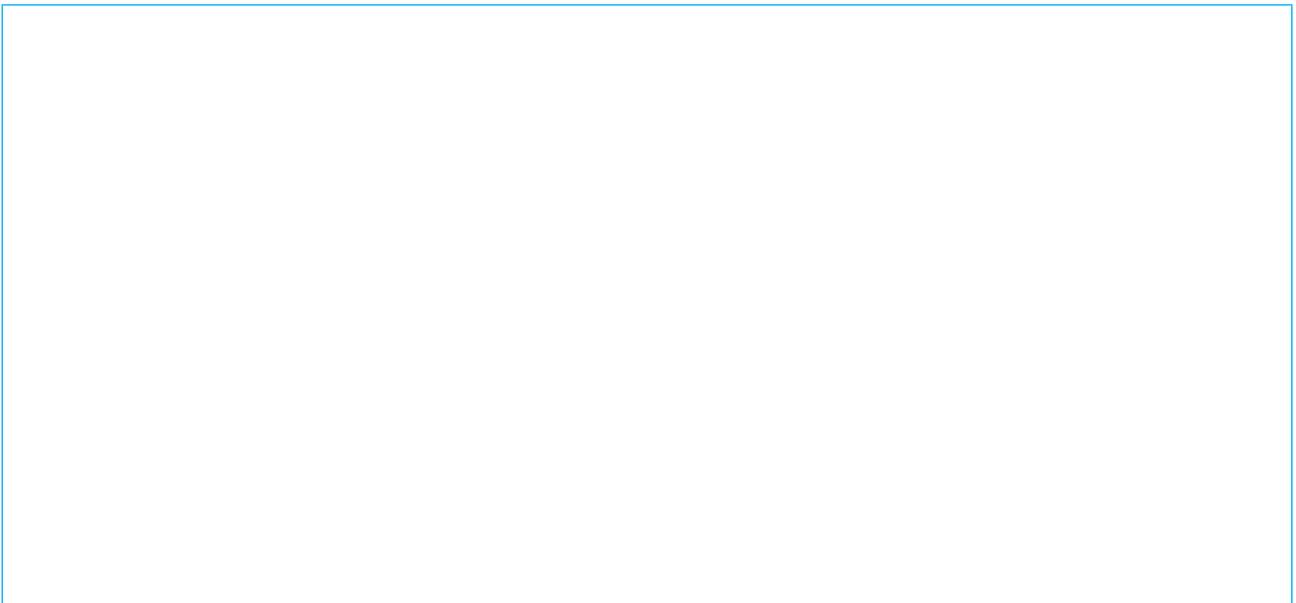
You have been asked to give a talk to a group of young people on why exercise is good for them. You are focusing on how exercise affects the body systems. To prepare your talk you need to **describe** the following in a way that they can easily understand.

- a. **Describe** a **SHORT-TERM** effect of exercise on the muscular-skeletal system.
(e.g. muscles and bones)

b. **Describe** a **LONG-TERM** effect of exercise on the respiratory system. (e.g. breathing and lungs)



c. **Describe** a **LONG-TERM** effect of exercise on the cardiovascular system. (e.g. heart and blood)



**U4 Task 3****AC 1.3** Outline the health benefits of exercise.

At the end of your talk to the group of young people, you want to speak about the health benefits that taking exercise can bring. You might think about the benefits for your body, on your general well-being or the social benefits that can develop.

Outline THREE health benefits of exercise.

1.

2.

3.



Learning Outcome 2

Understand the effect of basic nutrition and lifestyle factors on fitness.



U4 Task 4

AC 2.1 Keep a detailed personal food and lifestyle diary.

You have decided to keep a Food and Activity Diary to monitor the food and drink that you consume over two days and the activities that you take part in. You particularly want to see how the food and drink relates to the **food group system** and to understand the nutritional value for each meal.

You will need to show the time you have eaten your meals and when you have participated in your activities, making appropriate comments about each entry in the table.

Example entry:

Day 1			
Time	Food and drink	Food groups	Nutritional value
0730	Porridge, fruit, toast, orange juice	1, 4 and 5	Good start to the day with porridge and fruit giving good energy.
Time	Activities	How long did the activity take?	
0845	Cycle ride to college 2 miles	20 minutes as two lots of traffic lights were at red.	

Day 1			
Time	Food and drink	Food groups	Nutritional value

Time	Activities	How long did the activity take?

Day 2			
Time	Food and drink	Food groups	Nutritional value

Time	Activities	How long did the activity take?



U4 Task 5

AC 2.2 Explain the effect of basic nutrition and lifestyle factors on fitness.

Simon is sixteen years old and has a passion for fast food and sugary drinks. Indeed, hardly a day goes past without him visiting McDonalds for a double cheeseburger and large Coke if not at lunchtime, then after school. He takes very little exercise, preferring to spend his time each evening and at the weekends in his bedroom playing online games. Clearly, Simon's eating habits and the lifestyle he leads will impact on his overall levels of fitness.

You need to **explain** in the box below what the effect of basic nutrition and lifestyle factors can have on fitness. You might wish to include some information about the problems that can occur, such as diabetes, high cholesterol and obesity. To answer this task, you can choose to write about Simon, about yourself or write in more general terms.

**Learning Outcome 3**

Be able to take part in fitness tests in order to appreciate the requirements of the uniformed organisations.

**U4 Task 6**

AC 3.1 Describe the different methods of fitness testing in contrasting uniformed organisations.

There are two types of fitness test that are used by the uniformed organisations. One is the test that is taken during the selection process (which is designed to make sure that a candidate has a suitable level of physical fitness) and the other is a repeat fitness test. This is used to ensure that personnel in particular roles remain at the minimum health and fitness level.

a. The Police Fitness Test, which potential candidates for the police have to pass, is a thorough test. Two of the key fitness requirements that are tested are **dynamic strength** and **endurance**. You need to **describe** each of these tests in relation to the Police Fitness Test.

Dynamic strength test:

Endurance test:

b. The Army Advanced Combat Fitness Test (or ACFT for short) is one of three annual tests that those in the Army under 50 have to complete. The ACFT consists of two parts and you need to describe Part 1.

Army Advanced Combat Fitness Test - Part 1:



U4 Activity 1

AC 3.2 Participate in recognised fitness tests effectively.

To achieve this activity, you need to perform a fitness test used by the uniformed organisations. This is a something that would normally be carried out as part of your activities with your unit. CVQO will receive a record of you achieving this from your unit.

You can also achieve this by completing the CVQO Fitness Test. This can be organised by your Tutor/VQ Officer and they can record it on CVQO form VQF632.



Learning Outcome 4

Be able to participate in a personal health improvement programme.



U4 Task 7

AC 4.1 Plan a suitable health improvement programme.

You must plan a personal health improvement programme. In the table opposite, identify what you would do in the 6th week of your three-month plan. Your plan **MUST** include 1 or 2 rest days in the week.

Day	Workout (identify ONE planned training activity)	Method of Training (identify ONE main method of training you are using)	Component (identify the ONE main component you are working on)
Monday	<input type="checkbox"/> Cycle 60 mins on roads, including hills <input type="checkbox"/> 3 mile run, including hills <input type="checkbox"/> Press ups, sit ups, weights, pull ups, burpees, sprints <input type="checkbox"/> 45 minute swim <input type="checkbox"/> Game of sport (e.g. rugby, hockey) <input type="checkbox"/> Rest day	<input type="checkbox"/> Interval <input type="checkbox"/> Continuous (endurance) <input type="checkbox"/> Resistance training	<input type="checkbox"/> Aerobic work <input type="checkbox"/> Anaerobic work <input type="checkbox"/> Endurance <input type="checkbox"/> Speed <input type="checkbox"/> Flexibility <input type="checkbox"/> Strength <input type="checkbox"/> Agility
Tuesday	<input type="checkbox"/> Cycle 60 mins on roads, including hills <input type="checkbox"/> 3 mile run, including hills <input type="checkbox"/> Press ups, sit ups, weights, pull ups, burpees, sprints <input type="checkbox"/> 45 minute swim <input type="checkbox"/> Game of sport (e.g. rugby, hockey) <input type="checkbox"/> Rest day	<input type="checkbox"/> Interval <input type="checkbox"/> Continuous (endurance) <input type="checkbox"/> Resistance training	<input type="checkbox"/> Aerobic work <input type="checkbox"/> Anaerobic work <input type="checkbox"/> Endurance <input type="checkbox"/> Speed <input type="checkbox"/> Flexibility <input type="checkbox"/> Strength <input type="checkbox"/> Agility
Wednesday	<input type="checkbox"/> Cycle 60 mins on roads, including hills <input type="checkbox"/> 3 mile run, including hills <input type="checkbox"/> Press ups, sit ups, weights, pull ups, burpees, sprints <input type="checkbox"/> 45 minute swim <input type="checkbox"/> Game of sport (e.g. rugby, hockey) <input type="checkbox"/> Rest day	<input type="checkbox"/> Interval <input type="checkbox"/> Continuous (endurance) <input type="checkbox"/> Resistance training	<input type="checkbox"/> Aerobic work <input type="checkbox"/> Anaerobic work <input type="checkbox"/> Endurance <input type="checkbox"/> Speed <input type="checkbox"/> Flexibility <input type="checkbox"/> Strength <input type="checkbox"/> Agility
Thursday	<input type="checkbox"/> Cycle 60 mins on roads, including hills <input type="checkbox"/> 3 mile run, including hills <input type="checkbox"/> Press ups, sit ups, weights, pull ups, burpees, sprints <input type="checkbox"/> 45 minute swim <input type="checkbox"/> Game of sport (e.g. rugby, hockey) <input type="checkbox"/> Rest day	<input type="checkbox"/> Interval <input type="checkbox"/> Continuous (endurance) <input type="checkbox"/> Resistance training	<input type="checkbox"/> Aerobic work <input type="checkbox"/> Anaerobic work <input type="checkbox"/> Endurance <input type="checkbox"/> Speed <input type="checkbox"/> Flexibility <input type="checkbox"/> Strength <input type="checkbox"/> Agility
Friday	<input type="checkbox"/> Cycle 60 mins on roads, including hills <input type="checkbox"/> 3 mile run, including hills <input type="checkbox"/> Press ups, sit ups, weights, pull ups, burpees, sprints <input type="checkbox"/> 45 minute swim <input type="checkbox"/> Game of sport (e.g. rugby, hockey) <input type="checkbox"/> Rest day	<input type="checkbox"/> Interval <input type="checkbox"/> Continuous (endurance) <input type="checkbox"/> Resistance training	<input type="checkbox"/> Aerobic work <input type="checkbox"/> Anaerobic work <input type="checkbox"/> Endurance <input type="checkbox"/> Speed <input type="checkbox"/> Flexibility <input type="checkbox"/> Strength <input type="checkbox"/> Agility

Saturday	<input type="checkbox"/> Cycle 60 mins on roads, including hills <input type="checkbox"/> 3 mile run, including hills <input type="checkbox"/> Press ups, sit ups, weights, pull ups, burpees, sprints <input type="checkbox"/> 45 minute swim <input type="checkbox"/> Game of sport (e.g. rugby, hockey) <input type="checkbox"/> Rest day	<input type="checkbox"/> Interval <input type="checkbox"/> Continuous (endurance) <input type="checkbox"/> Resistance training	<input type="checkbox"/> Aerobic work <input type="checkbox"/> Anaerobic work <input type="checkbox"/> Endurance <input type="checkbox"/> Speed <input type="checkbox"/> Flexibility <input type="checkbox"/> Strength <input type="checkbox"/> Agility
Sunday	<input type="checkbox"/> Cycle 60 mins on roads, including hills <input type="checkbox"/> 3 mile run, including hills <input type="checkbox"/> Press ups, sit ups, weights, pull ups, burpees, sprints <input type="checkbox"/> 45 minute swim <input type="checkbox"/> Game of sport (e.g. rugby, hockey) <input type="checkbox"/> Rest day	<input type="checkbox"/> Interval <input type="checkbox"/> Continuous (endurance) <input type="checkbox"/> Resistance training	<input type="checkbox"/> Aerobic work <input type="checkbox"/> Anaerobic work <input type="checkbox"/> Endurance <input type="checkbox"/> Speed <input type="checkbox"/> Flexibility <input type="checkbox"/> Strength <input type="checkbox"/> Agility



U4 Activity 2

AC 4.2 Participate in a personal health improvement programme effectively.

To achieve this activity, you must participate in a personal health improvement programme. This is something that would normally be carried out as part of your activities with your unit. CVQO will receive a record of you achieving this from your unit.

You can also achieve this by completing the CVQO Fitness Progress Test. This can be organised by your Tutor/VQ Officer and they can record it on CVQO form VQF632.