

**FITNESS TEST PRACTICAL ASSESSMENT**  
FOR COMPLETION BY THE VQ OFFICER OR APPROPRIATE ASSESSOR

CVQO registration number:	VQ
Learner name(CAPS):	

**Initial test: AC 3.2 – Participate in recognised fitness tests effectively**  
**Or**  
**Progress test: AC 4.2 – Participate in a personal health improvement programme effectively**  
**(Delete as applicable)**

**Learner must attempt all parts**

**ASSESSMENT**

<b>RUN</b>	<b>1.5 miles (2.4 Km)</b>  Completed: YES/NO Time: Previous time if progress test:
<b>TRUNK CURL</b>	<b>As many as possible in one minute</b>  Number achieved: Previous number if progress test:
<b>PUSH UPS</b>	<b>As many as possible in one minute</b> Hand/Foot version or Hand/Knee version (Delete as applicable)  Number achieved: Previous number if progress test:

**Tutor - Comments and feedback:**

Learner signature:	<i>"I confirm that I have read and understand the feedback given to me"</i>	Date:
Tutor signature:	<i>"I confirm that I have witnessed the instruction and given feedback"</i>	Date:
Tutor name (CAPS):		