



SIXTH FORM INDUCTION WEEK
Monday 2nd - Thursday 7th JULY 2018
SUMMER TASK - SPORT CTEC LEVEL 3

You have been employed by the local gym. They want to increase their market share so have asked you to look into different methods of assessing fitness.

Pass	<p>Design a questionnaire to assess their fitness and health. It must include</p> <ul style="list-style-type: none"> ◆ Basic detail ◆ Diet ◆ Fitness Levels ◆ Aims ◆ Medical ◆ Injury and Illness <p style="text-align: center;">Give your questionnaire to two clients</p>
Merit	Identify the strengths and weaknesses of your clients'
Distinction	Evaluate your clients' fitness and health. Justify your findings and write an action plan to improve their weaknesses.

SUBMISSION DATE – THURSDAY 6TH SEPTEMBER 2018