**Conduct V-Lab pre-lab tutorial** to become familiar with the fitness testing equipment.

Conduct “hands on” **fitness testing in real lab**; gather data from fitness testing activities.

**Enter data** gathered in real lab into **V-Lab database** & compare individual test results with data stored in database.

**Intended Learning Outcomes:**

- Learn about the nature and use of fitness testing equipment in a virtual environment in each of the following six areas – Anthropometry, Muscular Strength, Aerobic Power, Anaerobic power, Lung Function, and Flexibility.
- Learn the step-by-step procedures for carrying out complex fitness testing in the six areas.
- Competently apply the procedures in a real laboratory setting.
- Learn to calculate and process data in a web browser/online technology environment, and to analyse specific test results for each of the six areas.
- Increase students’ competence in, and understanding of, the potential of online technology by using V-Lab and its accompanying website.