Learning Design Sequence

VLab -Fitness Testing

▲ RESOURCES	■ TASKS	● SUPPORTS

RESOURCES
- • V-Lab Website
- • Other web site resources
- • Hard copy laboratory manual

Fitness equipment in laboratory

Data added to V-Lab database

TASKS

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.

SUPPORTS

Tutor and technical support provided

3 week period

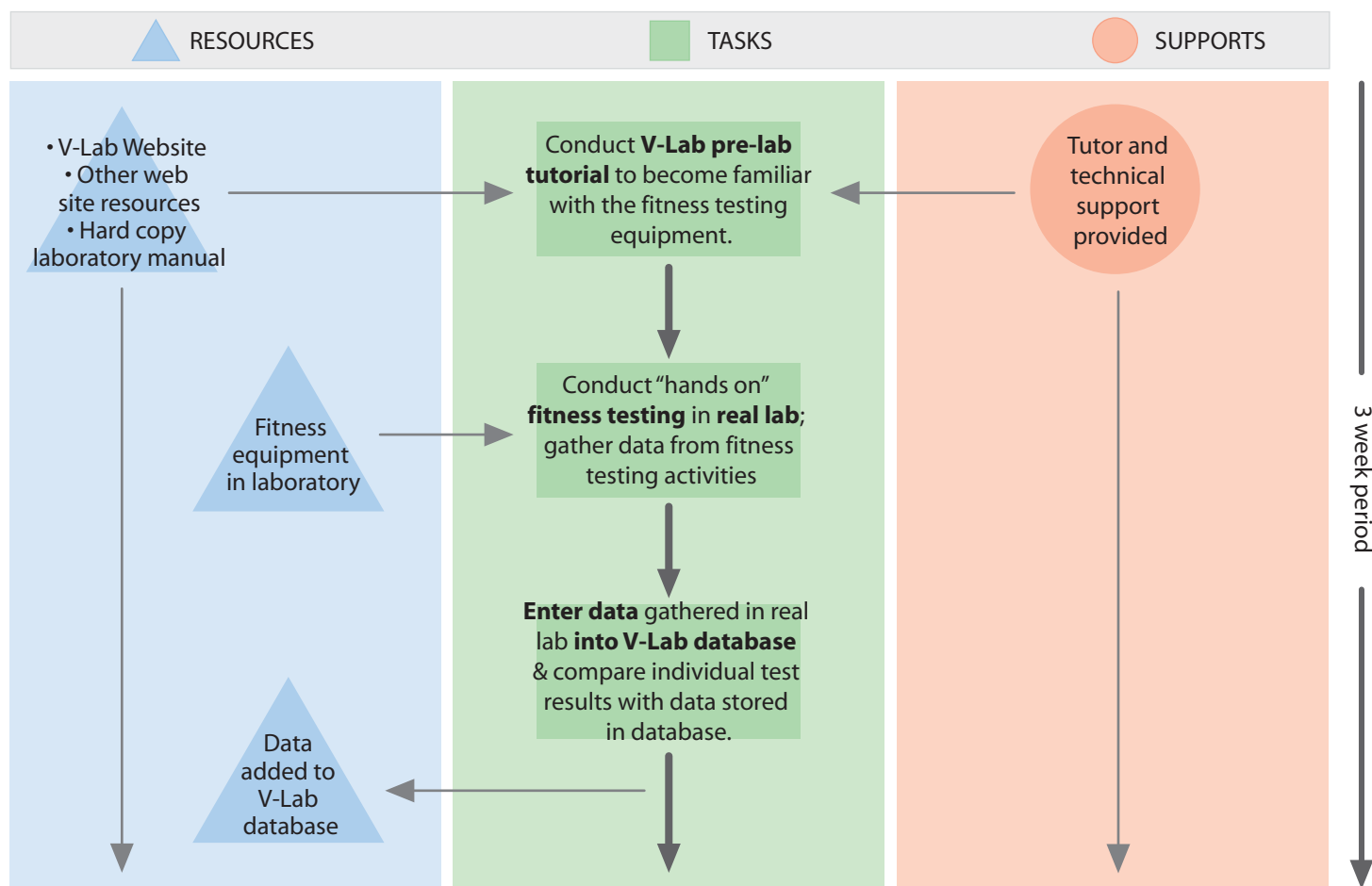
Intended Learning Outcomes:
- • Learn about the nature and use of fitness testing equipment in a virtual environment in each of the following six areas – Anthropometry, Muscular Strength, Aerobic Power, Anaerobic power, Lung Function, and Flexibility.
- • Learn the step-by-step procedures for carrying 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.