**Level 3 Adapting Exercise for Independently Active Older Adult course**

**ASSESSMENT 1**

**Multiple choice theory paper**  
This assessment is used to assess the knowledge required for the **considerations for sage and effective exercise for independently active older people unit**. Please use the relevant chapter in your manual and mock exam (found on the course page) to prepare for this exam.  
  
The guided learning hours for this unit is 12 hours, so it is recommended you spend this number of hours studying prior to completing the assessment. However, based on your prior level of knowledge and your ability to learn new information quickly, you may feel ready to complete the assessment much sooner.  
   
You must achieve a 70% pass mark (21 out of 30) in order to pass.  
  
To book your theory exam, please complete the **BOOK AN ASSESSMENT** form. Assessments are available on the specified dates detailed on this form at our exam-approved centre in Telford. Alternatively, please complete our **INVIGILATOR APPROVAL** form, so that a manager/supervisor at your place of work can be approved to invigilate your exam.  
  
This exam can be completed at any time throughout the 12 month period of your course.

**USEFUL INFORMATION/LINKS**

Course Page – <http://www.fit4training.com/older-adult-resources>

Facebook Group – [www.facebook.com/groups/fit4trainingstudysupport](http://www.facebook.com/groups/fit4trainingstudysupport)

Student Support – Martin Brown [martin@fit4training.com](mailto:martin@fit4training.com)

Administration/general queries only relating exams, payments, resources, certificates.

Tutor/Assessor – Jo Bentley [jo@fit4training.com](mailto:jo@fit4training.com)

Assessment/course content support

Book an Assessment – [www.fit4training.com/book-an-assessment](http://www.fit4training.com/book-an-assessment)

Invigilator Approval – [www.fit4training.com/invigilator-approval](http://www.fit4training.com/invigilator-approval)

Submit Coursework – [www.fit4training.com/submit-coursework](http://www.fit4training.com/submit-coursework)