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CRC STUDENTS TEST THEIR FITNESS AT ARU

Tuesday 2nd December 2008

A group of Sports Studies students at Cambridge Regional College (CRC) took part in a set of laboratory based fitness tests at Anglia Ruskin University (ARU).

The students are in their second year of a National Diploma Sports Studies at CRC and carried out these tests as part of their "Fitness Testing for Sport & Exercise" unit. Cambridge United Football Club Scholars, who study the same course at CRC, also took part in the fitness testing.



Michael Sellers undertakes laboratory fitness testing at ARU

Two main tests were carried out, the “VO2 Max” test and “hydrostatic weighing” test. The VO2 Max test aimed to find out the maximum amount of oxygen they can use in one minute per kilogram of their body weight. This was achieved by the students cycling for as long as they could, with the leg pressure increasing every two minutes while their heart rate and breathing capacity were measured.

The hydrostatic weighing test aimed to measure the density of the body and the percentage of body fat. This was achieved by each student being submerged in water, breathing out the air in their lungs and making themselves into a small floating ball shape. This was repeated up to 6 times to record a series of results.

Katie Pruden, NVQ Coordinator and Lecturer in Sports Studies and Public Services said, “The staff at ARU were very knowledgeable and formed a good relationship with the students encouraging them to get involved with recording data where possible. The students enjoyed the experience of being able to take part in these tests”.

CRC has an ongoing regional partnership with ARU, running accredited and modular courses in areas such as Construction, Care and Teacher Training.

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MEDIA ENQUIRIES:

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