**Level 3 Instructing Outdoor Fitness course**

**ASSESSMENT 3**

**Knowledge Questions Worksheet**

You will need to answer the 4 knowledge questions outlined in the ‘Professional discussion/knowledge questions record sheet’ in your LAR.

**USEFUL INFORMATION/LINKS**

Course Page – <http://www.fit4training.com/outdoor-fitness-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.

Video Submission - [www.fit4training.com/video-assessment](https://www.fit4training.com/video-assessment)

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