

Paper 1: Fitness testing

Reasons for fitness testing:

Before a training programme:

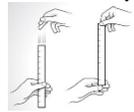
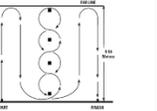
- To identify strengths and areas for improvement
- Identify training requirements
- To show a starting level of fitness
- To motivate and provide goals

During and after a training programme:

- To monitor improvement
- To provide variety to a training programme
- Compare results against norms of the group
- To identify whether training has been successful

Limitations of fitness testing:

- Tests are often general and not sport specific
- The movement required in the test is not the same as in the actual activity
- Tests do not have competitive conditions required in sports
- Some tests do not use direct measuring and are an estimate or are submaximal
- Some tests need motivation, because they are exhausting to complete
- Some tests questionable reliability

Cardiovascular Fitness Test		Coordination Fitness Test		Muscular Endurance Fitness Test	
Fitness Test	Test Procedure	Fitness Test	Test Procedure	Fitness Test	Test Procedure
Multi stage fitness test 	<ul style="list-style-type: none"> • Measure out 20 metres • Place cones to mark the distance • Start the audio recording Run from one cone to the other until you cannot continue • Record result and compare to a rating chart 	Wall toss test 	<ul style="list-style-type: none"> • Stand 2 meters away from a wall • Throw a tennis ball underarm against the wall • Throw with the right hand and catch with the left hand; then alternate hands • Record result and compare to a rating chart 	Sit-up bleep test 	<ul style="list-style-type: none"> • Lie on a mat, knees bent, feet on the floor, your hands across your chest on shoulders • Start the audio recording • Sit up until you can no longer continue • Record results and compare to a rating chart
Used by games players, long distance runners/swimmers		Used by badminton and cricket players		Used by tennis and football players	
Balance Fitness Test		Reaction Time Fitness Test		Strength Fitness Test 1	
Fitness Test	Test Procedure	Fitness Test	Test Procedure	Fitness Test	Test Procedure
Stork test 	<ul style="list-style-type: none"> • Place hands on your hips & foot on your knee • Raise your heel from the ground so you are balancing on your toes • Time starts when you lift your heel • Record result and compare to a rating chart 	Ruler drop 	<ul style="list-style-type: none"> • Stand with your hand open around the ruler, with the 0 cm mark between thumb and forefinger • The assistant holds and drops the ruler • Catch the ruler as quick as possible • Record results and compare to a rating chart 	Hand grip dynamometer 	<ul style="list-style-type: none"> • Adjust the grip to your hand • Keep your arm beside you at a right angle to your body • Squeeze the handle as hard as you can • Record result and compare to a rating chart
Used by gymnasts and games players		Used by basketball, rugby, badminton players		Used by performer such as climbers (to lift body weight)	
Agility Fitness Test		Flexibility Fitness Test		Strength Fitness Test 2	
Fitness Test	Test Procedure	Fitness Test	Test Procedure	Fitness Test	Test Procedure
Illinois run 	<ul style="list-style-type: none"> • Set up the course as shown in the picture • Lie face down on the floor, by the first cone • On 'Go' run around the course as fast as you can • Record result and compare to a rating chart 	Sit and reach test 	<ul style="list-style-type: none"> • Sit with your legs straight and the soles of your feet flat against the box • With palms face down, one hand on top of the other, stretch and reach as far as possible • Record result and compare to a rating chart 	One rep max 	<ul style="list-style-type: none"> • Warm up • Lift the maximum weight you can in one attempt • Record result and compare to a rating chart
Used by performers who change direction quickly such games players		Used by performers such as gymnasts and high divers		Used by performers such as power lifters rugby players & boxers	
Speed Fitness Test		Power Fitness Test		Qualitative or quantitative data:	
Fitness Test	Test Procedure	Fitness Test	Test Procedure	When collecting pieces of data for fitness tests they are usually quantitative meaning. The measurements can be quantified as numbers such: Time (seconds) Distance (meters) Levels or numbers	
30m sprint 	<ul style="list-style-type: none"> • Measure and mark out 30 metres in a straight line • Place one cone at the start and one at the end • On 'Go' run as fast as you can • Record result and compare to a rating chart 	Vertical jump 	<ul style="list-style-type: none"> • Stand side onto the wall, feet flat on the floor • Mark the highest point that the tips of your fingertips can reach • Holding a piece of chalk, jump as high as you can • Mark on the wall the top of your jump • Measure the distance between the 1st and 2nd 	Data can be collected qualitative meaning the measurements are based on quality rather than quantity, such as a number out of 10 for a routine. They are opinions not facts.	
Used by 100 m sprinters and rugby players		Used by sprinters, rugby players and long jumpers			