

Paper 1: Health and fitness – fitness testing

Flexibility → Sit and Reach Test

Requires the participant to sit with their legs outstretched against a box and attempt to reach as far forward as possible. The distance (cm) onto the box that they reach is compared to the national average.



Speed → 30 m Sprint Test

Requires participant to run 30 metres in the shortest possible time. Usually an average of three attempts is taken.

Maximal Strength → One Rep Max Test

Requires the participant to perform one repetition at the heaviest weight (kg) possible.



Strength → Handgrip Dynamometer

Requires the participant to grip a dynamometer as hard as possible in their hand. The best score (kg) from three attempts is compared to the national average.



Reaction Time → Ruler Drop Test

Requires a tester to place a ruler between the fingers of the participant. The ruler is then dropped and the participant should grab the ruler as quickly as possible by closing their fingers. The distance (cm) the ruler travels is compared to the national average.

Muscular Endurance → Sit-up Bleep Test

Requires the participant to perform sit-ups in time with recorded 'bleeps' which get progressively faster. The stage the participant reaches is compared to the national average.

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Fitness Data Collection

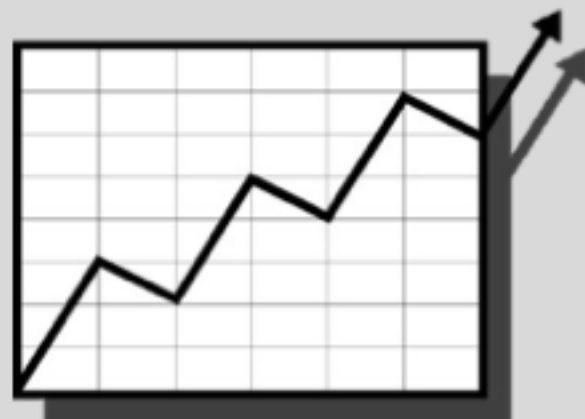
There are two types of data that can be collected from fitness testing: 'qualitative' and 'quantitative'. These terms are explained below.



Qualitative data can be collected by an athlete making notes about how tired they feel during training sessions and competition.

- ✱ Quantitative data is a measurement that involves numerical data
- ✱ Qualitative data is a measurement based on observational data

Due to the nature of the two types of measurement, quantitative can be compared to national averages whereas qualitative cannot.



Quantitative data can be collected when a player wears a heart rate monitor to track their heart rate during training and competitions.