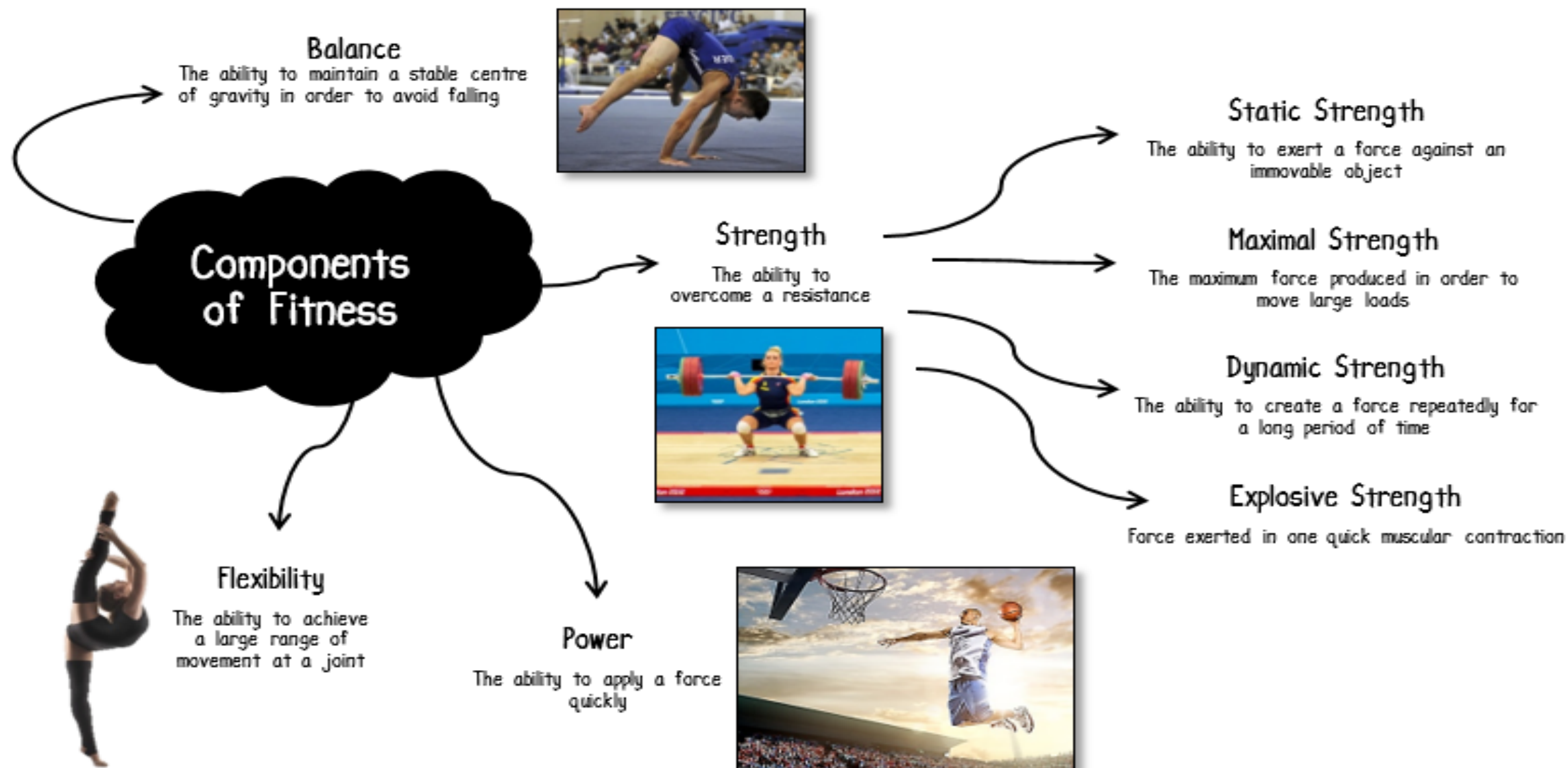


Paper 1: Health and fitness – components of fitness



Paper 1: Health and fitness - fitness testing

Reasons For Fitness Testing



- ⊗ You are able to identify any progress
- ⊗ It can be used as part of a training session in order to make the session more fun
- ⊗ Goals can be based on the outcomes of tests
- ⊗ Comparisons can be made between athletes
- ⊗ It can help to adapt training programmes to an athlete's needs
- ⊗ You can identify an athlete's fitness level in order to make future comparisons
- ⊗ You are able to identify the strengths and weaknesses of an athlete/ programme

Reasons Against Fitness Testing

- ⊗ An experienced tester is needed in order to produce valid results
- ⊗ The tests often don't use movements which are used within the sport that the athlete plays
- ⊗ If a test is not sport-specific, it is not very useful
- ⊗ Performance within testing conditions may be different to an athlete's performance in a competitive environment
- ⊗ Many tests use indirect methods