

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

Paper 1: Health and fitness – fitness testing

Agility → Illinois agility test

A multi-directional course which must be completed in the quickest time possible. The participant's time is compared to the national average.

Balance → Stork Balance

Requires the participant to stand on the ball of one foot for as long as possible. The time that they manage is compared to the national average.

Power → Vertical Jump Test

Requires the participant to reach as high as they can on a wall and then perform a standing vertical jump. The distance (cm) between their jump height and standing reach is measured and compared to the national average.

Cardiovascular Endurance → Multistage Fitness Test

Requires the participant to run for as long as possible between two cones in time with the 'beeps' of a recording. The time between the beeps is reduced at each stage and the stage at which the athlete drops out at is compared to the national average.

Coordination → Wall Toss Test

The participant must throw a ball against a wall and catch it in their opposite hand as many times as possible in 30 seconds. The number of completed catches is compared to the national average.

