**ESSAY WRITING WITH THESIS STATEMENT**

Should YO-YO intermittent test standards set by Indian cricket team management and BCCI be the mandatory parameter to get selected in the national side? No, it is unfair to reject a player based on just one test even if he/she has performed well in the domestic leagues. A single test can’t determine the exact performance in a real game.

The Yo-Yo intermittent test is aimed at estimating the fitness levels in sports like football, cricket, basketball etc. Like many other fitness tests, it involves running at ever increasing speeds and distances within a set time limit. The Yo-Yo IR level 1 (Yo-Yo IR1) test focuses on the capacity to carry out intermittent exercise leading to a maximal activation of the aerobic system, whereas Yo-Yo IR level 2 (Yo-Yo IR2) determines an individual's ability to recover from repeated exercise with a high contribution from the anaerobic system. A player ought to score at least 16.1 in the test to be a part of “The Indian National Team”. Although a player’s fitness level can be determined by this test but this test becomes incompetent when it comes to determine a player’s talent. It is quite possible that a very talented player misses out of the team just because he/she failed to clear the YO-YO test.