Agility Run Fitness Test

**Explanation:**

Measure out a 40-yards long area. Place pylons ever 5-yards on alternating sides starting from the right, then placing on the left and so on till you cover all 40- yards. Go to the beginning and get a friend to time you for 5 minutes. Weave in and out of the pylons as fast as you can till you reach the 40-yard mark. Weave back and try to complete as many laps as you can. Record the number of laps down and now switch positon with your partner and time them and count their number of laps each length of 40 yards is equal to 1 lap.

**Materials:**

* Stop watch
* 8 Pylons

Muscle Groups targeted

Quadriceps | From the cardiovascular intensity

Gluteus Maximus | From the agility component

Hamstring | From the rapid switching between cones

Abdominals | From the alternation in direction

Calfs | From the extensive stop’n go nature of the test

Tibalis Interior |From the stop’n go nature of the test

Because the muscle groups targeted above are located in the lower portion of the human body, we believe that the sports best suited for this fitness test would be the following:

Soccer,

Basketball,

Tennis,

Parkour

Testing- Self Reflection| Jonathan Gershon

Agility and Cardiovascular. Creating a fitness test that tests both Agility and Cardiovascular was not that difficult. Both exercises naturally blend together, With many competitive Cardiovascular activities such as Jogging, Swimming, and Cycling require Agility as well. Cardiovascular Fitness relies on aerobics, challenging activities that strengthen the heart or lungs. Agility measure one’s ability to be quickly and easily react to changing directions; Not to be confused with Speed, which measures how quickly a movement or distance can be covered in short period of time. Creating an exercise that incorporated these two would not be difficult, as simply running would work as the activity. The problem here was creativity; Running as a Fitness test would be very bland and unoriginal. The Beep Test incorporates both Cardiovascular endurance and speed, showing that using a simple activity with a small twist can provide for a challenging Fitness Test. For our groups fitness activity we decided to make an obstacle with the cones, having the runner test their Agility to see how quickly they could maneuver around the cones and Cardiovascular endurance to see how long they could keep up with the exercise. This turned out to be a successful challenge as most found the activity harder as it progressed. Since the idea and activities in their core form where simple, Pulling off the challenge was not difficult at all, but turned out successful in the end.

Fitness Test Reflection | Anton Machula

Our fitness test was created to test the agility and cardiovascular system of the individual being tested. During the creation of this test we had multiple challenges which we had to overcome, these include finding an appropriate test that incorporated both agility *and*  cardiovascular endurance, this challenge was met with multiple answers which went through many iterations, with the first being a five minute long test, where the individual had to do a test similar to running a ‘suicide’, later we then realized that such a test, would focus more the cardiovascular and not appropriately target the agility of the individual and so we opted for a one minute long session, during which the user had to run an alternating pattern. By overcoming this challenge, we were able to create a test that worked with both Fitness Test aspects to develop an effect and not an overtly taxing test. Another challenge faced during the creation of this test was the delegation of work between team members, for which we decided to evenly distribute different facets of the project to each party.

Overall, I believe that this project and overall test is a great success, as we were able to get a solid benchmark of 4 for a regular individual, and 6 as the optimal score for a fit individual.

Fitness Reflection | Joel Fairbanks

For the fitness test my group’s test was based on agility and cardiovascular. Our test tests how fast a person can cover a distance while weaving in between pylons. I wrote the procedure and materials for our group. A challenge I faced was coming up with clear instructions that everyone could understand and could not misunderstand. I overcame this challenge by putting instructions in the simplest terms possible and making the instructions descriptive.

Some of the obstacles we faced while making up the test were coming up a good time frame to complete the test. This is because at first we made the test 5 minutes, but when we tested out the test we found that it would be too challenging to do the test for 5 minutes as you are sprinting the whole time during the test. So we changed the time of the test to be 1 minute instead as it makes the test more achievable. We also decided to shorten the time because it also forces the person taking the test to do it as fast as they can. While before doing the test at a good pace was a viable option and was testing more endurance before. So we made it so they are forced to do the test fast so it would be testing agility, because before it was not testing agility that well as they could do the test slowly and succeed. Over all I think our group worked affectively at coming up with a good fitness test that test agility and cardio. We split up the work evenly and we communicated effectively.