

**Coursework: Preparing for fitness programmes**

**Administrating fitness test:**

**Purpose of testing:**

The purpose of fitness testing is to measure specific components of fitness to find a performers strengths and weaknesses.

**Test procedures:**

A list of rules or instructions on how the test should be carried out.

**Validity:**

A fitness test is only valid if the score is calculated using the correct procedures. Validity means, is the test measuring what it is out to measure. For example, does the Illinois agility test measure a performers agility.

**Reliability:**

A test is only reliable if similar results are gained when it is repeated. Remember, **RE RE RE.**

**RE**liable tests, can be **RE**peated, can give similar **RE**sults.

**Fitness test:**

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| **Component of fitness** | **Fitness test** |
| Cardiovascular endurance | 1. Multi-stage fitness test
2. Bruce protocol test
3. 12-minute cooper run
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| Muscular strength | Handgrip dynamometer  |
| Muscular endurance  | 1. Sit up test
2. Maximum push up test
3. Single leg squat test
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| Body composition  | 1. Body Mass Index (BMI)
2. Skinfold Caliper test
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| Flexibility  | Sit and reach test |
| Agility | Illinois agility test |
| Speed | 30m sprint test |
| Co-ordination | Alternate hand wall toss test |
| Power | Vertical jump test |
| Balance | Stork stand test |
| Reaction time | Ruler drop test |

**PAR-Q, Lifestyle forms and food diaries**

**PAR-Q forms** are simple yes and no questionnaires that aim to identify the small number of people that might not be suitable for physical activity based on medical grounds.

**Lifestyle questionnaires** are a series of questions to be answered truthfully on a piece of paper or online.

**Food diaries** are a log of the intake of food and drink.

**Sport - NCFE Health and fitness**