Before carrying out the Press up test, what pre-test measures will you do.

5 points

Summarise what Vo2 Max is.

5 points

What are the three different fitness tests for Body Composition?

2 points

Is the Hand grip test a suitable test to identify the strength of your legs?

2 points

List 12 Different fitness tests:

2 points

What is validity? Describe how the Multi Stage fitness test; is a valid test.

10 points

Compare the advantages and disadvantages of carrying out Multi stage fitness test & Forestry step test.

5 points

Describe why fitness testing is important in sport

2 points

Plan what fitness tests you would carry out to find the fitness levels of a Footballer

5 points

Find examples of the equipment that is required to carry out the fitness tests

5 points

Develop an argument for using the 35 metre sprint test for an athlete.

10 points

Using your knowledge of practicality, what is important for Illinois agility test?

10 points

Justify the use of the BIA test as a testing method.

10 points

Topic: C1 – Fitness Testing