

## Single and triple option BTEC sport.

### Unit 5 Application of fitness testing

This Unit will require you to learn about the suitability, practicality, validity and reliability of a number of fitness tests before you have to select the most appropriate ones to administer on a sports person. You will then administer the tests on a sports person and analyse your own administration of the fitness tests, creating a fitness profile for your client.

To prepare for this Unit please use the following websites or any others you find.

<https://www.topendsports.com/testing/pre-test-procedures.htm>

<https://www.topendsports.com/testing/tests/>

**For each fitness test bullet pointed below find the following information. Prepare notes on this and save it.**

1. Research which component of fitness each test is testing e.g. sit and reach test is testing flexibility of the lower back and hamstrings.
  2. Find a definition of each of the components of fitness.
  3. Explain the procedure that you would use to administer this test to someone.
  4. What equipment would you need for each test?
  5. What is the reliability and validity of each test.
  6. Explain some advantages and disadvantages of using these tests.
- Sit and reach test
  - Trunk rotation test
  - Grip dynamometer
  - Seven stage abdominal test
  - Multistage fitness test
  - The 12 minute cooper run
  - One minute press-up test

- One minute sit up test
- Wall sit test
- Skin fold caliper testing
- Body mass Index
- Illinois agility run test
- Side step test
- Stork stand test
- Wall toss test
- Vertical jump test.
- Standing long jump test
- Ruler drop test