Name: ………………………

**Fitness Testing for Sport and Exercise**

Methods of Testing for Components of Fitness

There are lots of different fitness tests that can be used to assess the individual components of a persons’ fitness e.g. strength, flexibility etc. You may have even been assessed using some or all of these tests as well as perhaps assessed one of your classmates by administering tests on them e.g. you setting the test up and recording their score.

There are advantages and disadvantages of tests in terms of the cost, time, equipment, level of skill required (to administer / run the test **NOT** do the test), reliability and practicality.

Below is a table looking at these advantages and disadvantages in terms of what they mean and **HOW** they can be an advantage or disadvantage?

|  |  |  |  |
| --- | --- | --- | --- |
| Term | What it means | How it could be an advantage | How it could be a disadvantage |
| Cost | Does the equipment to do the test cost lots of money? | If the test doesn’t require any expensive equipment then that’s an advantage | If the test requires lots of expensive equipment that’s a disadvantage |
| Time | How long does the test take to complete? | If the test is quick to do then that’s an advantage | If the test takes a long time to complete that’s a disadvantage |
| Equipment | How much specialist equipment do you need to do the test? | If you don’t need any specialist equipment e.g. just use things that everyone has then that’s an advantage | If you need lots of specialist equipment that might not be so easily available that’s a disadvantage |
| Level of skill | How much skill does the person running the test (not doing the test) need? | If the test is straightforward and could be run with little knowledge, that’s an advantage | If the test is complicated and requires lots of specialist knowledge to run then that’s a disadvantage |
| Reliability | If the test were to be repeated in a short space of time, would the person get the same score | If the test produces the same score then that is an advantage | If there’s a likelihood that the test would produce a different score (lots of factors influence the score) then that is a disadvantage |
| Practicality | How easy on the whole is the test to do? | If the test is easy to undertake due to the factors above e.g. cost , time etc then that’s an advantage | If the test is complicated in terms of the factors that is a disadvantage |

Below is a named fitness test for the different components of fitness. Using “youtube”, watch some videos of people

|  |  |  |
| --- | --- | --- |
| Component and test | Advantages of that test | Disadvantages of that test |
| Speed – 30m sprint |  |  |
| Flexibility – sit and reach test |  |  |
| Aerobic endurance – bleep test |  |  |
| Muscular endurance – 1 minute press ups |  |  |
| Strength – hand grip dynamometer |  |  |
| Power – vertical jump |  |  |
| Body composition – skin fold calipers |  |  |

undertaking these tests and note any advantages and disadvantages of that test.