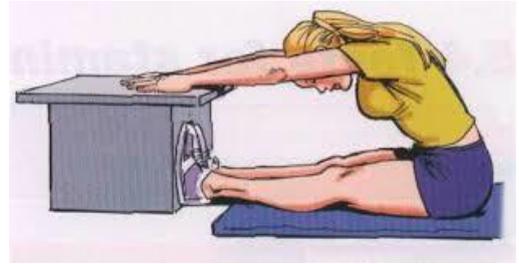


12 min Cooper Run/Multi-Stage Fitness Test

BEYOND



Sit and Reach Test

BEYOND



Multi-Stage Abdominal Test

BEYOND



Vertical Jump Test

BEYOND



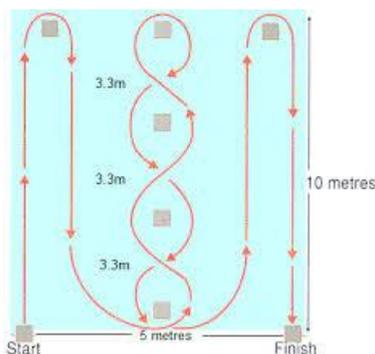
30-Metre Sprint Test

BEYOND



1 Rep Max Test/Hand Grip Dynamometer

BEYOND



Illinois Agility Run Test

BEYOND



Stork Stand Balance Test

BEYOND

2.

This test measures flexibility.  
This test measures the flexibility of your back and hamstrings.  
You will need a sit and reach box for this test. Sit with your legs extended and feet and hands touching the box. Reach as far forwards as you can. The distance your fingers reach beyond your toes is your measurement.

BEYOND

1.

This test measures cardiovascular endurance.  
12 min Cooper Run: How far can you run/walk in 12 mins. Your score is compared to data to determine your score.

Multi-Stage Fitness Test: Continuous shuttle runs between 2 lines 20m apart. The pace is established by a recording of bleeps. The time between gets shorter as the test progresses. If you miss 3 bleeps in a row you are finished.

BEYOND

4.

This test measures power.  
Facing the wall, stretch both arms above your head to measure your fingertip level. Turn sideways to the wall and with both feet together jump as high as you can, touching the wall with the fingertips of one hand. The distance between the two marks is the score for this test.

BEYOND

3.

This test measures muscular endurance.  
You need a mat, a stopwatch and someone to record your repetitions.  
You have 30 seconds to perform as many sit ups as you can.  
Your score is compared to data to establish your score.

BEYOND

6.

These tests measure strength  
1 Rep Max – The greatest weight a person can lift in one repetition. Should only be performed by people with good technique.

Hand grip dynamometer – Check the dynamometer is set to 0. Squeeze the handle as hard as you can. Your score will be displayed on the dynamometer. Repeat 3 times.

BEYOND

5.

This test measures speed.  
Measure a 30m distance.  
Have someone available to record your time.  
Measure the time taken to run the 30m distance.  
You need to run as fast as you can.

BEYOND

8.

This test measures balance.  
Standing on one foot with the other foot on the inside of the opposite knee, place your hands on your hips.  
Close both eyes and timing begins. Timing stops when the athlete opens their eyes, foot moves away from the knee or you lose your balance.

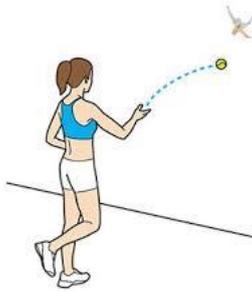
BEYOND

7.

This test measures agility.  
A pathway of cones is set up for the athlete to run through. Athlete starts lying on their stomach, on the word 'GO', they must complete the course as quickly as possible. The score for this test is the time taken to complete the course.

BEYOND

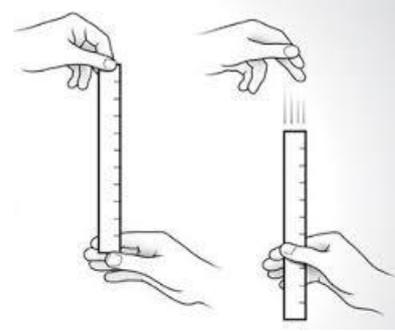
9.



Anderson Wall Toss

BEYOND

10.



Ruler Drop Test

BEYOND

11.



Reasons for Fitness Testing

BEYOND

12.



VO2 Max

BEYOND

13.



SPORT

BEYOND

14.



FITT

BEYOND

15.



Overtraining

BEYOND

16.



Continuous Training

BEYOND

10.

This test measures reaction time. A metre ruler is held against a wall. Your thumb and index finger should be placed around 0cm mark but not touching the ruler. When the other person drops the ruler, you must catch it. The distance between the bottom of the ruler and your index fingers is measured.

BEYOND

9.

This test measures hand-eye coordination. Stand 2m a wall, throw a tennis ball underarm against the wall with one hand and catch it with the other hand. Repeat this action for 30 seconds. The score is the total number of catches made.

BEYOND

12.

The volume of oxygen that can be consumed while exercising at a maximum capacity. VO2 Max is measured in millilitres per kilogram of body weight per minute (ml/kg/min). Factors that affect your VO2 Max – Age, Gender, Genetics, Lifestyle and Training.

BEYOND

11.

- Identifying strengths and weaknesses.
- Monitoring improvements.
- Comparison to others.
- Informing the design of a training programme.
- Motivation.

BEYOND

14.

This is a principle of overload.

F – Frequency  
I – Intensity  
T – Time  
T – Type (method of training)

BEYOND

13.

S – Specificity  
P – Progression  
O – Overload  
R – Reversibility  
T – Tedium

BEYOND

16.

Consists of continuous activities, heart rate between 60% - 80%. Examples are running, swimming, cycling and rowing. This develops cardiovascular endurance. An advantage – does not require equipment, good for aerobic fitness. Disadvantages – requires motivation.

BEYOND

15.

Overtraining is excessive exercise, which can lead to:  
Overuse injury – this happens from repeating the same exercise or activity.  
  
Fatigue – can affect performance, motivation, sleep and depression.

BEYOND

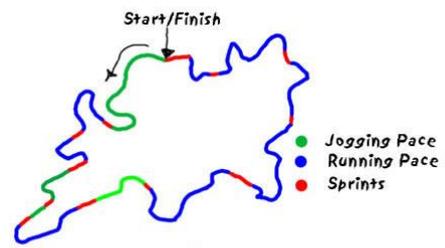
17.



Weight Training

BEYOND

18.



Fartlek Training

BEYOND

19.



Plyometric Training

BEYOND

20.



Circuit Training

BEYOND

21.



High Intensity Interval Training (HIIT)

BEYOND

22.



High Altitude Training

BEYOND

23.



Warm Weather Training

BEYOND

24.



Warm Up/Cool Down

BEYOND

18.

Also known as 'speed play'.  
 Involves changes of pace of different terrains.  
 Develops aerobic endurance and anaerobic fitness.  
 It is easily adapted for different sports and fitness levels. Good for sports that have a change of pace.

BEYOND

17.

Involves using weights, kettle bells and resistance weights.  
 Work in repetitions and sets. Repetitions are the number of times you lift the weights. Sets are the number of times you complete the exercise.  
 This can develop muscular endurance, strength and power.  
 Disadvantage – expensive, could be injured if using incorrect technique.

BEYOND

20.

Complete exercises for different muscle groups.  
 Exercise for time or for certain repetitions.  
 Develops muscular endurance, cardiovascular endurance, strength and speed.  
 It is varied so it doesn't get boring. It can be easily adapted.

BEYOND

19.

This develops power and explosive strength. Squat jumps and box jumps are examples of plyometric movements.  
 The force of muscle contraction is increased over time.  
 Creates fast, powerful movements.  
  
 Can you think of a disadvantage of plyometric training?

BEYOND

22.

Specialized training carried out at higher altitudes. This helps the body produce more red blood cells. This allows more oxygen to be carried to the muscles.  
 High altitude training increases your VO2 Max, which will improve your endurance.  
  
 Name a disadvantage of high-altitude training?

BEYOND

21.

Involves periods of intense work followed by rest.  
 Can be short or long intervals.  
 Allows rest time to remove waste products.  
 It combines aerobic and anaerobic exercise.  
 Can be adapted for activities or fitness levels. No specialist equipment needed.

BEYOND

24.

	Physiological benefits	Psychological benefits
WARM-UP	<ul style="list-style-type: none"> <li>Raises the body temperature and heart rate</li> <li>Increases blood flow (oxygen supply) to the muscles</li> <li>Stretches the muscles and gets them ready for action</li> <li>Gets joints moving and increases the range of motion</li> <li>Helps avoid sprains and strains</li> <li>Gives practice in skills and techniques to be used in the session/game</li> </ul>	<ul style="list-style-type: none"> <li>Focuses the mind on the exercise</li> <li>Helps prepare mentally for competition</li> <li>Part of the build-up to 'match readiness'</li> </ul>
COOL-DOWN	<ul style="list-style-type: none"> <li>Helps reduce the oxygen debt and clear any lactic acid in the muscles (see Topic 4.1)</li> <li>Allows heart rate and blood flow to reduce gradually to normal levels</li> <li>Gentle stretching reduces muscle soreness and stiffness later</li> <li>Reduces risk of injury</li> </ul>	<ul style="list-style-type: none"> <li>Gives time for performer to calm down</li> <li>Helps transition to less physical daily activities</li> <li>Offers chance to reflect on performance</li> </ul>

23.

Takes place in a climate where the weather is warm.  
 As the weather is warmer, muscles are warmer so there is less injury risk.  
 A psychological benefit is that mood is lifted as weather is warmer.  
 Pressures are removed from training at home.

BEYOND