

KNOWLEDGE ORGANISER

Physical Fitness Testing

Aerobic Endurance

- Multi-stage fitness test – Continually run from cone to cone 20m apart to the beep. Miss the beep twice your out – record the score.
- Yo-Yo Intermittent Recovery Test – Run between the cones 20m apart but then add on an extra 5m for recovery. Follow the sound on the audio.
- Harvard Step Test - Step up and down off a platform at a rate of 30 steps per minute for 5 minutes or until exhaustion. Immediately after finishing you sit down and record your heart rate every 1, 2 and 3 minutes.
- 12 minute cooper run - You have to run around a 400m track or pitch for 12 minutes. Note down the distance.



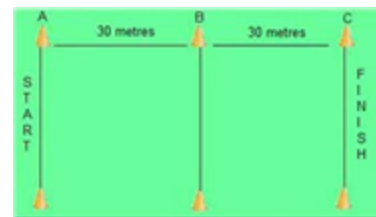
Muscular Endurance

- 1 minute press up test _ complete as many press up's as you can in 1 minute.
- 1 minute sit-up test – complete as many sit-ups as you can in 1 minute.
- Timed plank test – Complete the plank for as long as you can.



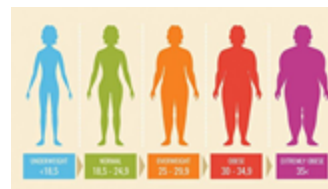
Speed

- 30m Sprint Test – Sprint 30m as quick as possible.
- 30m Flying Sprint – 30m getting up to speed and then record the last 30m sprint.



Body Composition

- The relative ratio of fat mass to fat-free mass in the body allowing variation in body composition dependent on the sport.
- BMI - is a measure of whether you're a healthy weight for your height.
- Bioelectrical Impedance Analysis - measures body composition based on the rate at which an electrical current travels through the body.
- Waist to hip ratio - determines the possibility of health risks and is an indication of whether you have an apple or pear shaped figure.



Flexibility

- Sit and reach test – Sit with your legs out in front flat on the floor, soles flat against the box. Reach down as far as you can and hold for 2 seconds.
- Calf muscle flexibility test – Stand in a lunge position and you need to get your front foot to reach the wall. Record the biggest distance away.
- Shoulder flexibility test – Put your right arm straight up and bend your elbow so it bends behind then use your other hand to try and touch it.



Muscular Strength

- Hand grip dynamometer - You use your dominated hand to squeeze the hand grip dynamometer machine as hard as you can. You complete this test 3 times and take the best result.
- 1 rep max - It is simply defined as the maximal weight an individual can lift for only one repetition with correct technique.

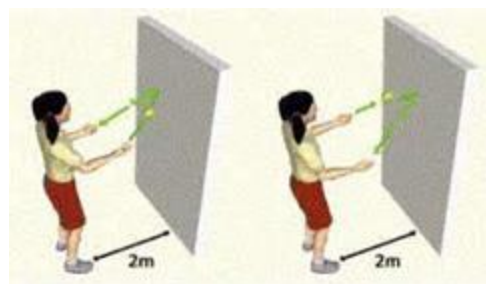
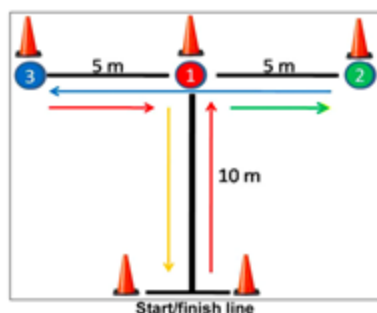
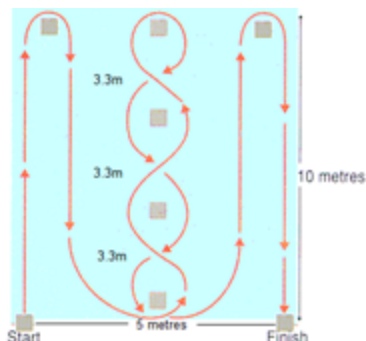


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Skill Fitness Testing

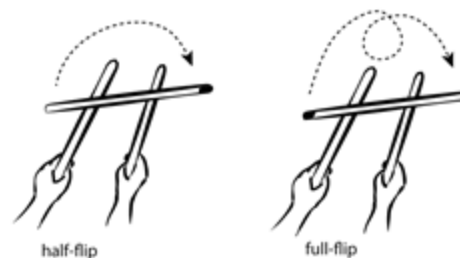
Agility

Illinois agility test – start lying down and then on go complete the course as quick as possible.
 T test – Complete the course as quick as possible. Keep facing forwards.



Balance

- Stork stand test – Stand in the position below for as long as possible.
- Y balance test – Standing on one leg try and reach as far as you possibly can. See picture.



Power

- Vertical Jump Test – Stand next to the wall, reach up as high as you can and mark the spot. Then jump as high as you can making another mark. Measure the difference.
- Standing Long Jump – Athletes stand behind a marker and have to complete a two footed jump as far as they can. Without falling backwards. 3 attempts – best value stands.
- Margaria-Kalamen Power Test -

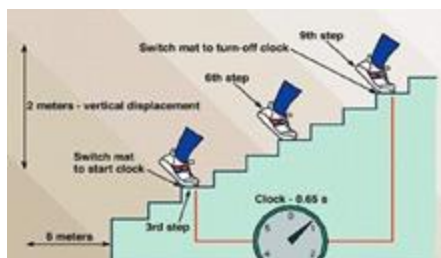
Co-ordination

- Alternate hand wall toss test – Stand 2m from the wall. Throw the ball at the wall from one hand to the other. Complete this as many times as you can within 1 minute.
- Stick flip co-ordination test - Hold a stick in each hand and a 3rd across the top. Test 1 complete as many half flips as you can. Test 2 as many full flips as you can. Add the scores together.



Reaction Time

- Ruler drop test – An assistant holds the ruler between your finger and thumb so the top of the thumb is in line with the 0. The assistant then drops it without warning and you have to catch it as quick as possible.
- Online reaction time test – You have to click the buttons on the computer as quickly as possible.



RED LIGHT - GREEN LIGHT Reaction Time Test

Instructions:

- Click the large button on the right to begin.
- Wait for the stoplight to turn green.
- When the stoplight turns green, click the large button quickly!
- Click the large button again to continue to the next test.

Test Number	Reaction Time	The stoplight to watch	The button to click
1	<input type="text"/>		
2	<input type="text"/>		
3	<input type="text"/>		
4	<input type="text"/>		
5	<input type="text"/>		
AVG	<input type="text"/>		

Start Over

