

Sixth Form

Taster Session

UNIT 5- Fitness Testing

(Fitness Testing- Normative Data link- <https://www.brianmac.co.uk/eval.htm>)

Learning aim B: Explore fitness tests for different components of fitness	
B.P3 Select six valid fitness tests for selected sports performers.	B.M2 Assess practicality and suitability of each selected fitness test for selected sports performers.
B.P4 Safely administer and accurately record the results of six fitness tests for a sports performer.	B.M3 Administer six fitness tests, demonstrating skills to ensure the test results are accurate and reliable.
B.P5 Interpret fitness test results against normative data.	B.M4 Suggest areas for improvement in the administration process of fitness tests based on test results.

Around the image below, identify what Components of Fitness that Serena Williams uses or needs to be successful as an elite performer in tennis.



1. Choose two components of fitness that you have identified above and explain in detail how they enable Serena Williams to perform at an elite level. Give specific examples of how she uses these components when playing.
2. Explain what fitness tests would measure these components

Around the image below, identify what Components of Fitness that LeBron James uses or needs to be successful as an elite performer in Basketball.



1. Choose two components of fitness that you have identified above and explain in detail how they enable LeBron James to perform at an elite level. Give specific examples of how he uses these components when playing.
2. Explain what fitness tests would measure these components

Around the image below, identify what Components of Fitness that Erling Haaland uses or needs to be successful as an elite performer in football (as a striker/forward!)



1. Choose two components of fitness that you have identified above and explain in detail how they enable Haaland to perform at an elite level. Give specific examples of how he uses these components when playing.
2. Explain what fitness tests would measure these components

Fitness Tests- Paired Task:

In your pairs, you must choose one of these performers and state the fitness tests that are suitable for them and safely administer and accurately record the results of the six fitness tests and then interpret the data. (Due to the change of day- please can you use the attached link for fitness testing normative data to make up/ guess the results of your chosen performer before analysing).

My performer is _____

The 6 tests I have chosen to carry out for them is:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Fitness Test	C. O. F	Score	Rating

Interpret fitness test results against normative data

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Extension: Assess the practicality and suitability for each selected fitness test for selected performers.

[illegible]

UNIT 5 – Application of Fitness Testing
