

The components of fitness

“Fitness Tests”



UNTAMED
EDUCATION

“Fitness Tests”

Task Instructions

1. Hand out the “Results Sheet” to each student. Put together the equipment needed for the tests to be attempted in that lesson.
2. If you want to offer more guidance, demonstrate the test procedure to the students, or you can hand over the learning completely to the students. Give each group a copy of the test sheets, allowing them to set them up and work through them themselves.
3. On their results sheet they must agree in their groups the fitness component that is being tested and record their best result for each test.
4. You are then free to question their understanding and check their technique.
5. The results sheet can be used as part of their personal training portfolio analysis.

Variations/Extensions

1. Demonstrate the test and ask the students to put together the information card for the test.
2. Set the tests up in a circuit so students can rotate around them.
3. Nominate test officials to set up and oversee the tests.

The Learning

1. Students can have complete responsibility for their own learning. This will build strong neural connections and pathways whilst they learn through doing.



“Fitness Tests”

Results Sheet

Name of the test	Fitness component	Before training	After training
Multi-stage fitness test			
12 Minute cooper run			
Hand grip strength test			
Multi Stage Abdominal Test			
Sit and Reach Test			
Illinois agility test			
Stork stand test			
Alternate hand throw test			
Vertical jump test			
Ruler drop test			
30m sprint test			

“Fitness Tests”

Multi-Stage Fitness Test

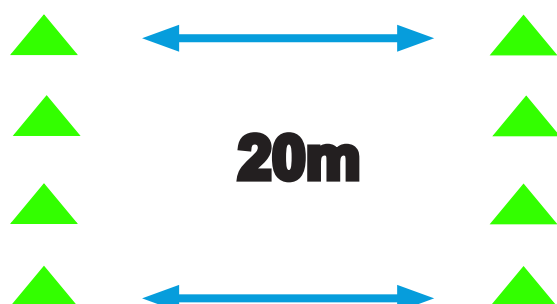
Equipment Required

- CD player
- Multi-stage fitness CD
- Cones
- 20m measuring tape
- A space at least 20m long



Procedure

1. Place a line of cones on the floor. Measure 20m and place another line of cones.
2. Play the multi-stage fitness CD.
3. You must run continuously between the cones arriving at each end just as the sound beeps.
4. It will start very slow so don't go too fast. After 1 minute the beeps will become more frequent so you must increase your speed. This repeats every minute.
5. If you fail to reach the end before the beep, twice consecutively then you must finish the test.
6. Don't forget to listen to the level and the number of runs you have done when you finish.

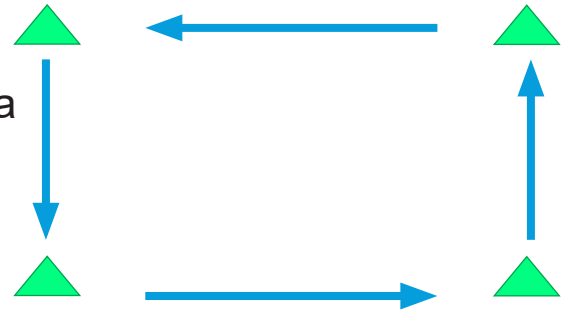
	Men	Women		
Excellent	>13	>12		
Very good	11-13	10-12		
Good	9-11	8-10		
Average	7-9	6-8		
Below average	5-7	4-6		
Low	<5	<4		

“Fitness Tests”

12 Minute Cooper Run

Equipment Required

- A running track or a marked circuit of a known distance.
- Cones.
- Measuring tape to measure circuit.
- Stop watch.



Procedure

1. Place four cones at set distances to make a square or rectangle shape. The total distance of your set square/rectangle should be known.
2. Participants run continuously for 12 minutes counting the number of laps they complete.
3. When 12 minutes is completed they record the distance they have covered.

_____ laps x _____ metres =

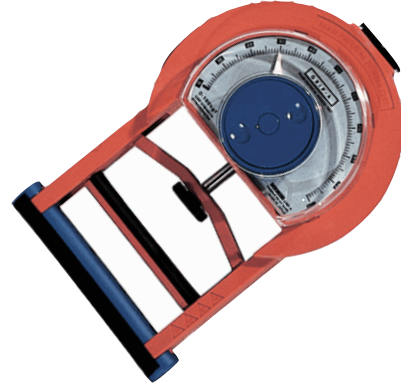
Gender	Adult Male
Poor	<1500
Below Average	1500-1900
Average	1900-2300
Above Average	2300-2700
Excellent	>2700

“Fitness Tests”

Hand Grip Strength Test

Equipment Required

- Hand grip dynamometer



Procedure

1. Adjust the hand grip dynamometer to suit your hand.
2. Hang the dynamometer in line with your dominant hand.
3. The maximum strength is applied to the meter without the arm moving.
4. Take the best score of two attempts.

Gender	Male	Female
Poor	<30	<26
Below Average	30-39	26-35
Average	40-49	36-46
Above Average	50-65	47-58
Excellent	>65	>58

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Multi-Stage Abdominal Curl Conditioning Test

Equipment Required

- A mat
- Stop watch

Procedure

1. Lie on the mat with your knees bent at right angles and your feet flat on the ground.
2. Rest your hands on your thighs.
3. Raise your upper body until your hands touch your knees.
4. Return to the start position.
5. Count the number of complete sit-ups in one minute

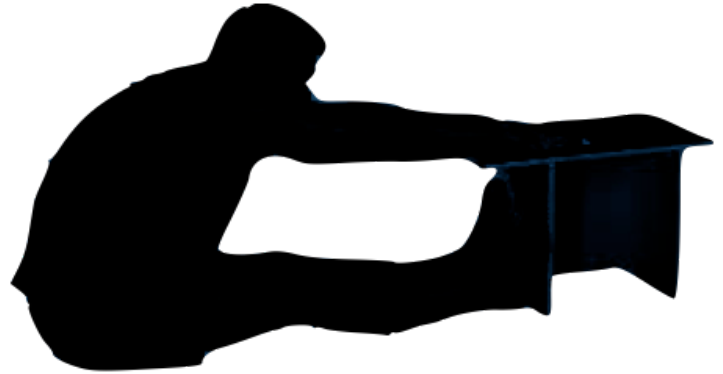


“Fitness Tests”

Sit and Reach Test

Equipment Required

- Sit and reach box
(alternatively use a bench laid on its side and a ruler)
- Partner to measure your distance.



Procedure

1. Remove shoes.
2. If using a sit and reach box – place feet flat against the box, knees must be straight. Lean as far forward as you can placing both hands flat and level on the measuring line and hold for 1-2 seconds. Record result.
3. If using a bench and ruler – place feet flat against the bench, knees must be straight. Lean as far forward as you can keeping the hands level and palms facing downwards. Measure how far past the toes you reach in cm. If you do not reach your toes then measure how far away you are and record this as a minus score.

Gender	Male	Female
Poor	<4	<4
Below Average	4-7	4-7
Average	8-11	8-12
Above Average	12-14	13-15
Excellent	>14	>15

“Fitness Tests”

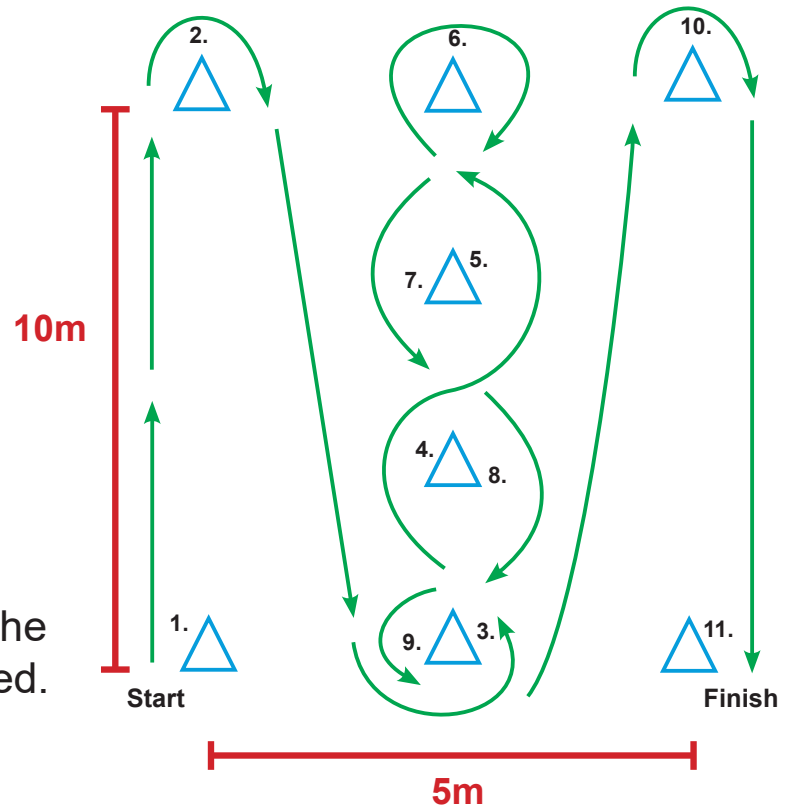
Illinois Agility Test

Equipment Required

- Cones
- Measuring Tape
- Stopwatch
- Starter
- Timekeeper
- 60m² space

Procedure

1. Using the measuring tape set the cones at the distances displayed.
2. The individual lies flat on their stomach at the start gate.
3. On “Go” the timekeeper starts the watch.
4. The individual runs around the course indicated by the green lines.
5. Time is stopped when they reach the finish cone.



Gender	Male (s)	Female (s)
Poor	>18.8	>23.4
Below Average	17.7-18.8	22.5-23.4
Average	16.8-17.6	18.7-22.4
Above Average	15.9-16.7	17.5-18.6
Excellent	<15.9	<17.5

“Fitness Tests”

Stork Stand Test

Equipment Required

- Flat surface
- Stop watch
- Timekeeper



Procedure

1. Remove shoes.
2. Stand with hands on the hips.
3. Place the sole of one foot on the side of the knee on the other leg.
4. After a little practice raise onto the ball of the foot and start the stopwatch.
5. Stop the time when any of the following happens:
 - The hands move from the hips.
 - The standing foot swivels or hops.
 - The other foot loses contact with the knee.
 - The heel of the standing foot makes contact with the floor.

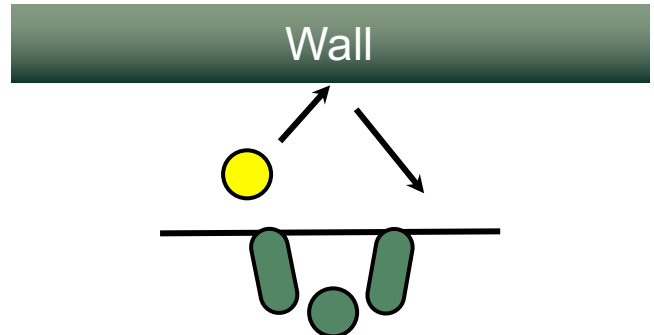
Gender	Teenager
Poor	<11s
Below Average	11-25s
Average	26-39s
Above Average	40-49s
Excellent	>50s

“Fitness Tests”

Alternate Hand Throw Test

Equipment Required

- 1 tennis ball
- A wall



Procedure

1. Stand 2 metres from the wall.
2. Throw the ball under arm against the wall.
3. Catch the ball with the alternate hand.
4. Throw the ball against the wall with the catching hand.
5. Catch the ball with the alternate hand.
6. Repeat for 30 seconds

Gender	Teenager
Poor	<15
Below Average	15-19
Average	20-29
Above Average	30-35
Excellent	>35

“Fitness Tests”

Verticle Jump Test

Equipment Required

- Chalk
- Flat wall
- 1m ruler

Procedure

1. Stand side on to the wall.
2. Reach up as high as you can with the hand closest to the wall.
3. Make a mark with the chalk on the wall.
4. Bend your knees and jump as high as you can and make a new mark on the wall at the top of your jump.
5. Measure the distance between the mark you made when standing and the mark at the top of your jump.



Gender	Male (cm)	Female (cm)
Poor	<21	<11
Below Average	21-40	11-30
Average	41-50	31-40
Above Average	51-60	41-50
Excellent	>60	>50

“Fitness Tests”

Ruler Drop test

Equipment Required

- Meter ruler
- Tester

Procedure

1. The individual holds their arm bent at 90 degrees at the elbow.
2. The tester holds the ruler between the space of the thumb and index finger of the individual's hand at 0cm.
3. When the subject indicates they are ready, drop the ruler without warning.
4. The individual must catch the ruler between their thumb and index finger as soon as possible.
5. Record the cm that the person caught the ruler at.



Gender	Teenagers
Poor	>28cm
Below Average	20 cm - 28cm
Average	15 cm – 20 cm
Above Average	7.5 cm – 15 cm
Excellent	<7.5 cm

“Fitness Tests”

30m Sprint Test

Equipment Required

- Tape measure
- Stopwatch
- 40m space (10m to slow down)
- Cones
- Starter and timekeeper



Procedure

1. Measure and mark out gates 30m apart.
2. Take a standing start position with one foot in front of the other at the first gate.
3. When ready the starter announces “set (pause) GO”.
4. The timekeeper starts the watch on go and stops when the runner reaches the 30m gate.
5. Encourage the runner to run through the gate.

Gender	Male (s)	Female (s)
Poor	>4.6	>5
Below Average	4.6-4.5	5-4.9
Average	4.4-4.3	4.8-4.7
Above Average	4.2-4	4.6-4.5
Excellent	<4.0	<4.5