

# Fitness testing knowledge organiser

## Health related components of fitness



### Muscular Strength

**Test:** Hand Grip Dynamometer Test



**Protocol:** Grip the dynamometer in one hand. Start with your hand up and bring down to side while pulling in handle. No swinging your hand.

### Muscular Endurance

**Test:** 1 minute sit up test



**Test:** 1 minute press up test

**Protocol:** Complete as many full sit ups/press ups as possible in 1 minute.

### Flexibility

**Test:** Sit and Reach Test

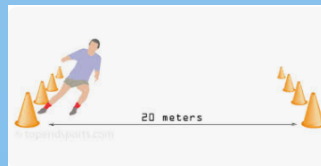
**Protocol:** Sit with legs straight out in front and soles of feet against box/table. Reach forward without bending knees. No jerking movements



### Cardiovascular endurance (Aerobic Endurance)

**Test:** Multistage fitness test

**Protocol:** The test requires participants to run 20 meters back and forth across a marked track keeping time with beeps. Every minute or so, the next level commences: the time between beeps gets shorter; participants must run faster.



WE CARE • WE CHALLENGE • WE COMMIT

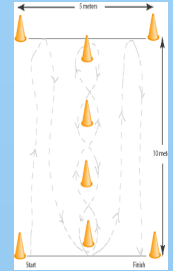
## Skill related components of fitness



### Agility

**Test:** Illinois Agility Test

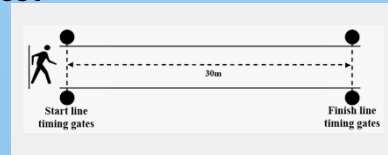
**Protocol:** Start lying down at the start line. Complete course as quick as possible (10m x 5m – 4 central cones)



### Speed

**Test:** 30m Sprint Test

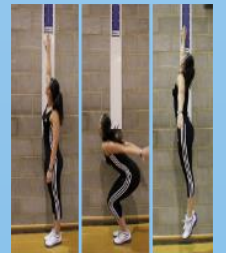
**Protocol:** Start from stationary position. Complete distance in the quickest possible time. Time is stopped when chest crosses the line.



### Power

**Test:** Vertical jump Test

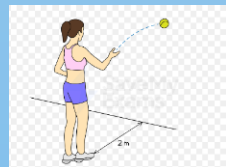
**Protocol:** Stand next to wall and mark an initial reach while feet are flat on the ground. Standing jump to reach as high as possible. Measure distance from first mark to second.



### Coordination

**Test:** Wall toss test

**Protocol:** The ball is thrown from one hand in an underarm action against the wall and attempted to be caught with the opposite hand. The test is completed over a 30 second period.



### Reaction time

**Test:** Ruler drop test.

**Protocol:** Person A holds out their hand with a gap between their thumb and first finger. Person B drops the ruler without telling Person A and they must catch it

### Balance

**Test:** Standing stork test

**Protocol:** Person gets themselves into the position shown in the diagram and holds it for as long as they can without losing balance.

