

BTEC Sport Unit 1

FITNESS TESTING

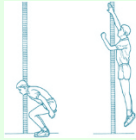
Component of fitness	Fitness test
Flexibility	Sit and reach
Strength	Grip Dynamometer
Aerobic endurance	Multi-stage fitness test Forestry step test
Speed	35-metre sprint
Speed and agility	Illinois agility run
Power	Vertical jump test
Muscular endurance	1-minute press-up test 1-minute sit-up test
Body composition	Body mass index (BMI) Bioelectrical impedance analysis (BIA) Skinfold testing – Jackson-Pollock nomogram method

POWER

Vertical jump

Equipment: Wall, tape measure, chalk

Usually measured in: cm



MUSCULAR STRENGTH

Grip dynamometer

Equipment: Grip dynamometer

Usually measured in: KgW



FLEXIBILITY

Sit and reach

Equipment: Sit and reach box

Usually measured in: cm

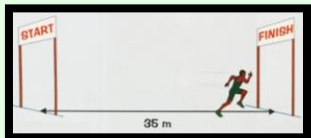


SPEED

35-metre sprint

Equipment: tape measure and stopwatch

Usually measured in: seconds (s)



AEROBIC ENDURANCE

Multistage fitness test

Equipment: Bleep test CD, tape measure, cones

Usually measured in: ml/kg/min

Forestry step test

Equipment: Step (Males = 40cm high / Females = 33cm high), metronome, stopwatch.

Usually measured in: ml/kg/min

SPEED AND AGILITY

Illinois agility test

Equipment: cones, tape measure, stopwatch

Usually measured in: seconds (s)

BODY COMPOSITION

Body Mass Index (BMI)

Equipment: Scales and tape measure

Usually measured in: kg/m²

Bioelectrical Impedance Analysis (BIA)

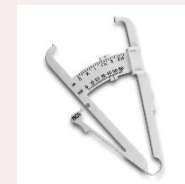
Equipment: BIA analyser and a mat

Usually measured in: % body fat

Skinfold test

Equipment: Skinfold callipers

Usually measured in: % body fat



MUSCULAR ENDURANCE

One-minute sit-up test

Equipment: A mat and a stopwatch

Usually measured in: sit-ups per minute

One-minute press-up test

Equipment: A mat and a stopwatch

Usually measured in: press-ups per minute

