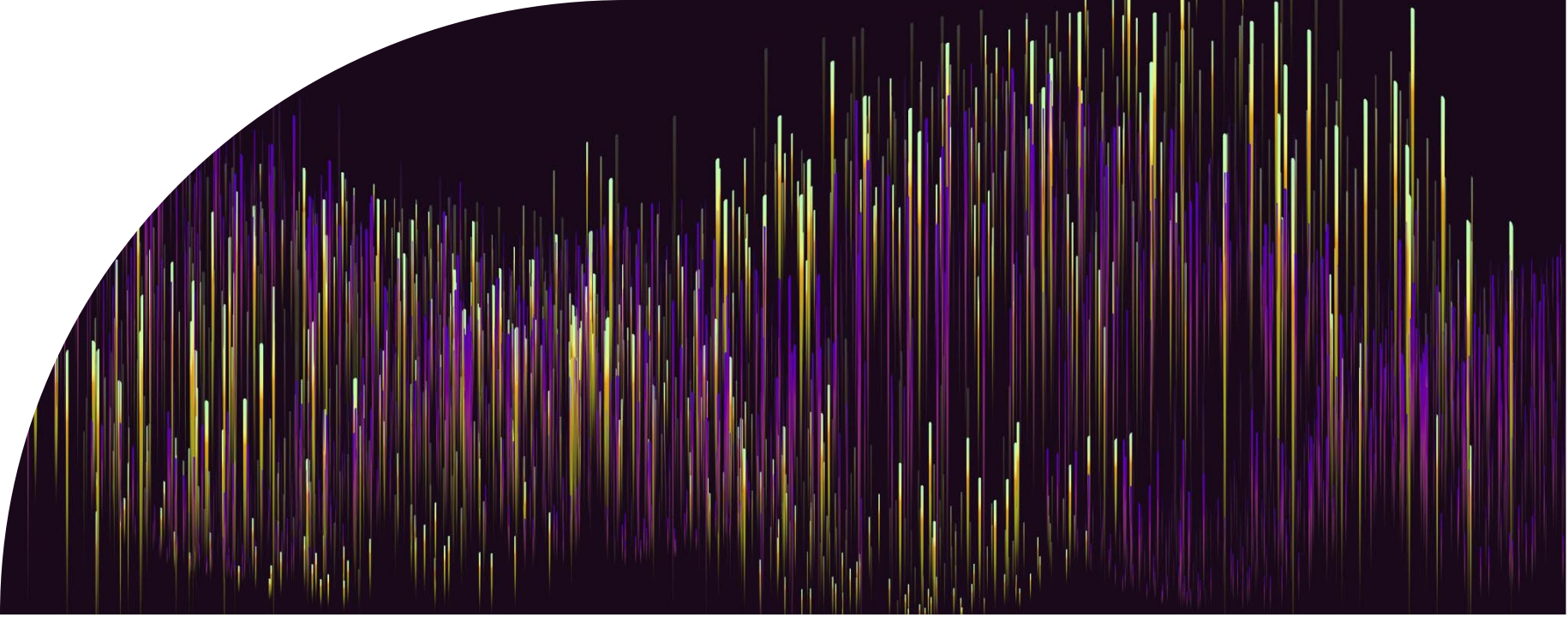


The top half of the image features a decorative background. On the left, a semi-circular shape in a dark purple color is partially visible. The main area is filled with a dense field of vertical lines in various colors, including yellow, green, and purple, against a dark background. On the right side, there is a solid purple triangular shape pointing towards the bottom right corner, and a dark grey triangular shape below it.

Component 3

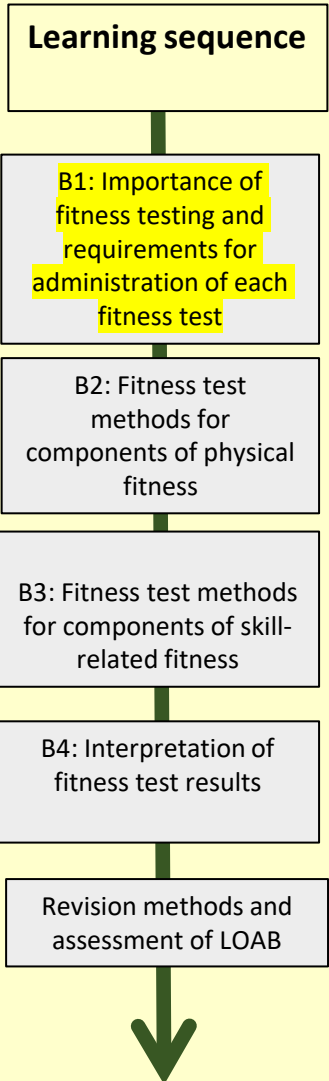
Developing fitness to improve other participants performance in Sport & Physical Activity



B1: Importance of fitness testing and requirements for administration of each fitness test

Learning Intention: What has to be done to ensure a fitness test is carried out properly?

Tier 3 Vocabulary	Definition
Fitness	The level at which your body can perform in a sporting situation.
Pre-test procedures	Things that are done before you take part in a test to make sure it goes well.
Accuracy	The precision of fitness test results.
Reliability	Do you trust the fitness test results, has the test been done properly.
Validity	Is the test measuring what you want it to, a specific component of fitness.



Do Now activity

Question: Why do we do fitness testing?

Can you spend no longer than 3 minutes on a mind map in your books and see how many reasons you can come up with as to why we test someone's fitness levels?

I Do

We Do

You Do

Gives **baseline data** for monitoring and improving performance

It allows the coaches/athletes to **set sensible goals** to work on

Coaches can then **design** training programmes based on test results

Reasons to do fitness testing

The results can give the performer something to **aim** for

It allows athletes and coaches to see if a training plan is **working** or not and they can change it if necessary

I Do

We Do

You Do

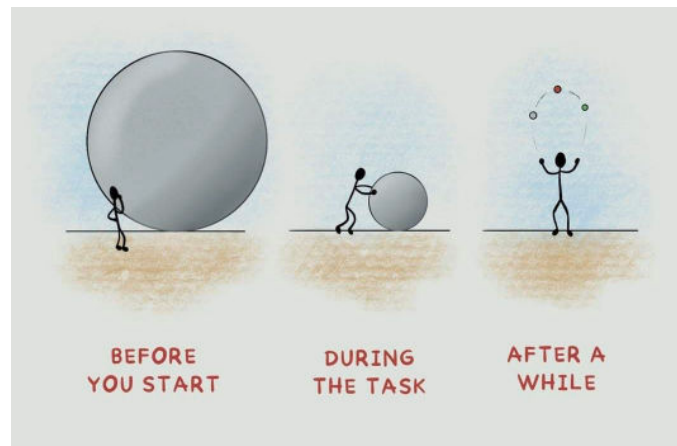
Pre-test procedures

Before a test is done there are things that need doing before the test to make sure it runs smoothly and you get accurate results.

TASK:

Spending no more than 3 minutes on a mindmap, what do you think a coach might need to do before a test is administered.

It doesn't matter how many things you get down as long as you try and have a think about them 😊

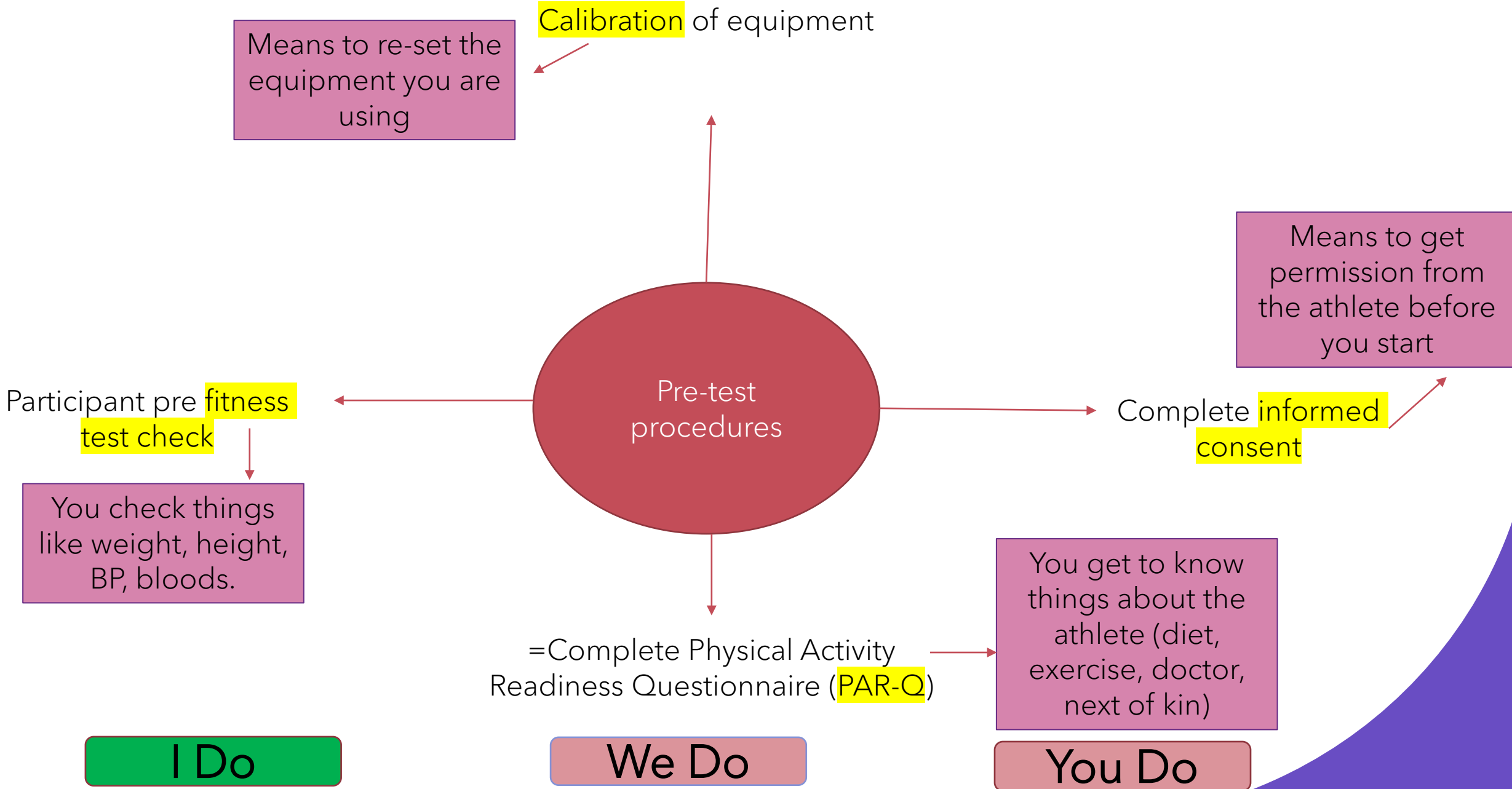


Remember this!!

I Do

We Do

You Do



Factors to consider

If you are to administer a test there are some things you need to consider whilst doing it (you will go over more of this when you learn about tests in the next few weeks).

- ❖ You must have a good **knowledge and understanding** of the test and the equipment needed.
- ❖ You need to take **accurate measurements** and **record** the results properly.
- ❖ When you have recorded results you **compare** them to **normative data**
- ❖ You **select** the correct tests for your athlete (quite a few to measure each COF)

Results of tests taken from a general population of people in the same age and gender category

I Do

We Do

You Do

Reliability of tests

Tests need to be done properly, this means they are administered following the procedures and rules to ensure you can trust the results.

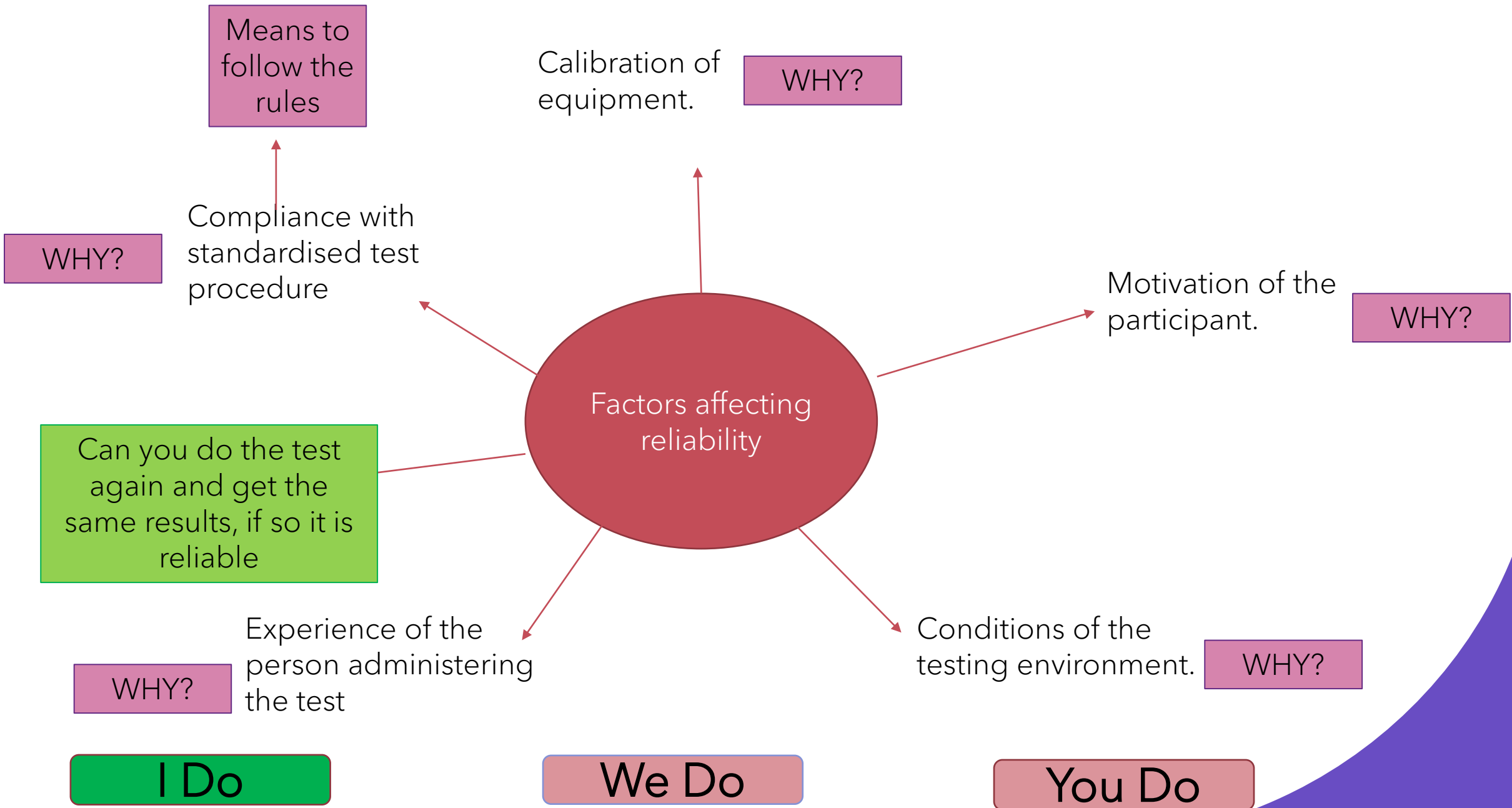
TASK

Can you in no longer than 3 minutes do a mind map of the possible things that can affect the reliability of a fitness test?

I Do

We Do

You Do



Do Now activity

Q1: What is included in a PARQ?

Q2: What does the person doing the test have to give to the administrator (*person delivering the test*) before completing a test?

Q3: What is the data used to compare your result to? Top tip (begins with an N)

Q4: What is the word used to re-set equipment back to 0? Top tip (begins with a C)

Q5: Name 1 way in which a test result might not be reliable?

I Do

We Do

You Do

Validity

This looks at whether the test is actually measuring what you want it to.

For example:

-There is a test called the hand grip dynamometer which measures strength in the FOREARM.

-Does this give a good indication of strength for the athlete overall? Why not? Will this test be useful for a rugby player tackling?



There is also a test called the sit and reach test.

This measures flexibility in the lower back and hamstrings of an athlete. Does this measure flexibility in other parts of the body they may need it? For example a bowler in cricket may need more flexibility in their shoulder than their lower back?



I Do

We Do

You Do

Practicality

Don't get this wrong, practicality or "practical" doesn't mean to be physically active.

It means is the test practical to do in a variety of ways:

1. Is it **cost** effective? Expensive to do may mean it isn't practical.
2. The amount of **time** it takes to do a fitness test. If its too long mistakes could be made and people could get bored.
3. Does the test take a long time to **set up**? If so it may put coaches/athletes off doing it.
4. Does it take too much time to **analyse the data**? It might not be practical to spend too long doing this.
5. Can a lot of **people take part** at the same time? If not what problems could this cause? Links in with time?
6. Does the test require a lot of **space**? A specific environment.

Lets look at a test and figure out if it is practical....

I Do

We Do

You Do

TASK

Example: 30m sprint test

With the person next to you make a list of ways in which this test could cause problems with practicality.

TIME LIMIT: 2 minutes

Possible reasons:

- Distance (need a slowing down area after 30m)
- Dry surface (non-slip if it is wet)
- One at a time
- Relying on machinery (stopwatch)

You will learn more about each test so don't worry if you felt you didn't know a lot just yet.

I Do

We Do

You Do



Homework

To prepare you for later (this is something we encourage people to do at A-Level), go away and do a small 20 minute research task on a fitness test that is coming up in the next few lessons.

I would like to research the following areas:

- The test name
- The COF it measures
- How to do it
- Pre-test procedures

Due in:

Next lesson

I Do

We Do

You Do

Where are we at in Learning Outcome B???

B1: Importance of fitness testing and requirements for administration of each fitness test
(COMPELTED)

B2: Fitness test methods for components of physical fitness (NEXT)

B3: Fitness test methods for components of skill-related fitness

B4: Interpretation of fitness test results