

# Summer Task 2020

**For double option students only**

**Please complete the task below for unit 13 Health and Fitness  
Testing for Sport and Exercise**

**Hand in date – first lesson back in September with SFO**

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**You must explain in detail the advantages and disadvantages of the following fitness tests:**

- Agility – **Illinois agility run**
- Balance – **Standing Stork Test**
- Speed – **30m sprint test**
- Reaction time – **ruler drop test**
- Power – **Sargent test (vertical jump)**
- Cardiorespiratory endurance – **multi-stage fitness test (Bleep)**
- Flexibility – **sit and reach**
- Muscular endurance – **1 min press up**
- Maximum strength – **grip dynamometer**
- Body composition – **skinfold test**

**Use the information below to help you to write up your findings:**

Advantages/disadvantages, i.e.

- cost (e.g. high, low)
- availability (e.g. equipment, space, facilities)
- time (e.g. short, lengthy)
- ease/practicality (e.g. ease of use/implementation)
- knowledge (e.g. specialist, basic)
- accuracy (e.g. of measurement of results)
- validity (e.g. how well they test the fitness component)
- reliability (e.g. if they can be repeated with the same outcomes)

### Useful resources:

Read it:

<https://www.topendsports.com/testing/fittest.htm>

<https://www.topendsports.com/testing/tests/illinois.htm>

<https://www.topendsports.com/testing/tests/balance-stork.htm>

- Speed – **30m sprint test** <https://www.topendsports.com/testing/tests/sprint-30meters.htm>
- Reaction time – **ruler drop test** <https://www.topendsports.com/testing/tests/reaction-stick.htm>
- Power – **Sargent test (vertical jump)**  
<https://www.topendsports.com/testing/tests/vertjump.htm>
- Cardiorespiratory endurance – **multi-stage fitness test (Bleep)**  
<https://www.topendsports.com/testing/tests/20mshuttle.htm>
- Flexibility – **sit and reach** <https://www.topendsports.com/testing/tests/sit-and-reach.htm>
- Muscular endurance – **1 min press up** <https://www.topendsports.com/testing/tests/push-up-prt.htm>
- Maximum strength – **grip dynamometer**  
<https://www.topendsports.com/testing/tests/handgrip.htm>
- Body composition – **skinfold test**  
<https://www.topendsports.com/testing/tests/skinfolds.htm>

Watch it:

[https://www.youtube.com/watch?v=G54Nyb\\_Qv64](https://www.youtube.com/watch?v=G54Nyb_Qv64)

<https://www.youtube.com/watch?v=SeJNYhfBUyc>

<https://www.youtube.com/watch?v=thiCtvKmxBY>

<https://www.youtube.com/watch?v=Ttx8QuFMjZ8>