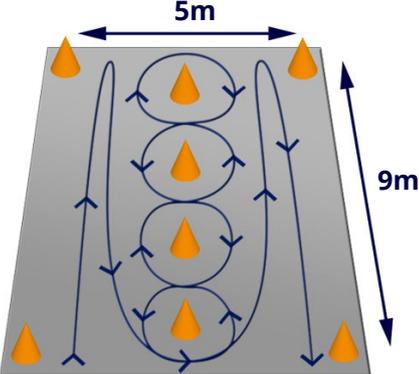




FITNESS TESTING



TEST	DESCRIPTION
BEEP TEST (AEROBIC ENDURANCE)	<p>The Beep Test measures the aerobic capacity of the participant through a series of 20m shuttle runs which begin on a 'beep'. Gradually the beeps become closer together, ultimately increasing the speed of the participant. The test is stopped if the participant fails to reach the line for two consecutive runs and the level is recorded.</p> <p>The audio for the test can be found at http://bit.ly/3d7Pd1o</p>
SIT UP (MUSCULAR ENDURANCE)	<p>The Sit Up Test measures a participant's muscular endurance of their core. Participants are to complete as many sit ups as they can in 60 seconds. A full sit up (participant's have their hands clasped behind their head) is recorded from the shoulders on the mat, to elbows touching knees, and back to shoulders on the mat.</p>
STANDING LONG JUMP (POWER)	<p>The Standing Long Jump measures a participant's muscular power of the upper legs and core. Participants stand shoulder width apart behind the line, and in one maximum effort, performs a two feet take-off and jump as far as they can (no run up). To record a valid jump, the participant must hold their balance. The result is recorded from the take-off line to where the participant heels land.</p>
30M SPRINT (SPEED)	<p>The 30m Sprint measures a participant's raw speed. The participant's result is recorded on how fast they complete a straight sprint over 30 metres (the length of a basketball/netball court).</p>
RULER DROP TEST (REACTION TIME)	<p>The Ruler Test is designed to measure the reaction time of the participant. A partner holds a ruler above the participant, where they have their thumb and index finger either side of the ruler. The partner releases the ruler, and the participant is to catch the ruler between their thumb and index finger as quickly as possible. The recorded result is the distance between the release point and the catch.</p>
STANDING BALANCE (BALANCE)	<p>The Standing Balance Test measures a participant's balance. The participant is to balance on one foot, whilst their other foot is resting on the knee of the balancing leg. Participants are to have the hands on their hips. The time is recorded from the moment the participant starts the balance to the moment when they; take their hands off their hips, or the non-balancing foot comes away from the knee of the balancing leg.</p>
ILLINOIS AGILITY TEST (AGILITY)	<p>The Illinois Agility Test is designed to measure a participant's speed and agility. The participant is to complete the course (see diagram) as quickly as possible. The result is the time taken to complete the course.</p> 



FITNESS TESTING



TEST	DATE	RESULT	PARTICIPANTS PERSONAL
			REFELCTION   
BEEP TEST (AEROBIC ENDURANCE)			
SIT UP (MUSCULAR ENDURANCE)			
STANDING LONG JUMP (POWER)			
30M SPRINT (SPEED)			
RULER DROP TEST (REACTION TIME)			
STANDING BALANCE (BALANCE)			
ILLINOIS AGILITY TEST (AGILITY)			