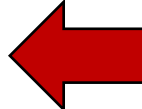


**Context:**  
Students need to be aware of how to complete types of fitness tests and how this relates to fitness components.

## **Fitness Testing** *35m sprint test, Illinois agility run & vertical jump*

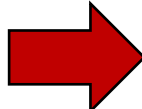
What do you think is the most important thing to remember from today's lesson?

**Prior Learning:**  
1. Through completion of the year 9 unit 1 & 3 gym base theory students have experienced completing different fitness tests



**By the end of this lesson I will:**

- 1: To be able to describe the fitness test for speed, agility and anaerobic power.
- 2: To be able to identify which components of fitness these tests relate to.
- 3: To be able to discuss the advantages and disadvantages of these tests.



**Future Learning:**

1. What other fitness tests do you know about?
2. How can this be linked to types of training?
3. Answer exam style questions.

**RECAP:** Why do we do fitness testing? What is reliability? What is validity? What is practicality?

**Subject specific vocabulary – choose 5 key words from this lesson that you think are important:**

# Speed – 35m Sprint Test

## Characteristics:

- Measures = sprint speed
- Used by = sprinters, long jumpers, footballers
- Units = seconds
- Equipment = 2 cones, tape measure, stopwatch, flat non slip surface in excess of 45m long

## Method:

1. Allow performers to complete a **warm up**
2. Measure out a **35m straight line using a measuring tape**
3. Make either end with **cones**
4. Take up the **sprint start position at one end**
5. On the timers command, **sprint to the other cone**
6. **Stop the stopwatch when performers torso crosses the line**
7. Conduct the **test 3 times, with a 3 minute recovery**
8. Take the **fastest time** of the 3 scores

## Interpreting results

Rating	Male	Female
Excellent	<4.8	<5.3
Good	4.8–5.09	5.3–5.59
Average	5.10–5.29	5.6–5.89
Fair	5.3–5.6	5.9–6.2
Poor	>5.6	>6.2

Copy the table on how to interpret



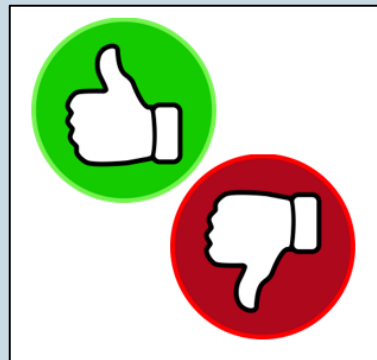
# Speed – 35m Sprint Test

## Reliability and Validity:

- This is a valid test for speed, however this test is MORE valid for a 100m sprinter than a cyclist as it is a better replication of their sport
- To ensure the test is reliable it must be conducted in the same way each time, the 35m distance should be accurately measured, the same warm up completed and in the same environment

Decide whether the following statements are **advantages** or **disadvantages**:

1. Requires minimal equipment
2. Easy to set up
3. You will need another person to help with the test
4. Can be conducted outside



# Illinois Agility Run Test - Agility

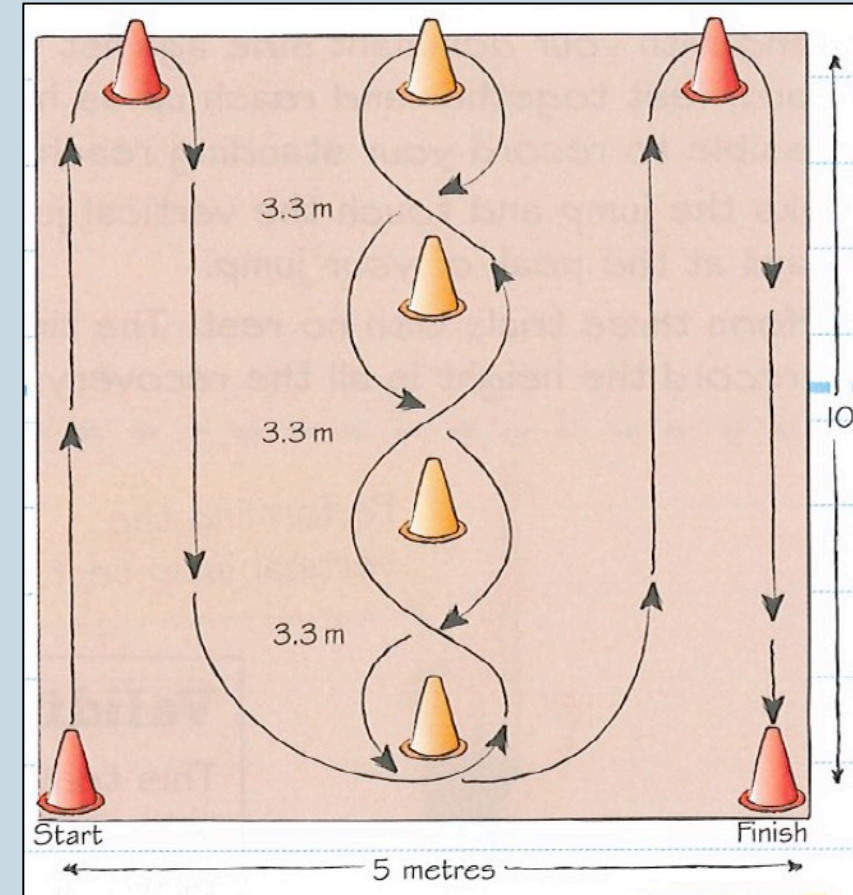
## Characteristics:

- Measures = speed and agility
- Used by = rugby players and netball players
- units: = seconds
- Equipment = tape measure, stopwatch and eight cones

## Method:

1. Lie face down by the start cone
2. On 'go' get up and run around the course, following the red line as quickly as possible
3. The stopwatch is stopped and your time recorded when you pass the finish line

Stick in your Illinois agility run diagram copy down the table



Gender	Excellent	Above average	Average	Below average	Poor
Male	<15.2	15.2-16.1	16.2-18.1	18.2-19.3	>19.3
Female	<17.0	17.0-17.9	18.0-21.7	21.8-23.0	>23.0

# Illinois Agility Run Test - Agility

## Reliability :

- It is really important that the distances between cones are accurately measured – make sure the course remains exactly the same

Decide whether the following statements are **advantages** or **disadvantages**:

1. Can be set up anywhere on a non slip surface
2. Requires minimal equipment
3. Need an assistant to help with timing

