Your notes

GCSE PE: revision notes

Fitness testing

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Tests for each component

- Cardiovascular endurance: the **multi-stage fitness test** (bleep test) or the Cooper 12-minute run or swim.
- Strength: the handgrip dynamometer test.
- Muscular endurance: the sit-up bleep test.
- Speed: the 30 m sprint test.
- Power: the vertical jump test.
- Agility: the Illinois agility run test.
- Balance: the standing stork test.
- Coordination: the wall toss test.
- Reaction time: the ruler drop test.
- Flexibility: the sit and reach test.

Why test fitness

- To find strengths and weaknesses, and so plan training.
- To monitor progress and see if training is working.
- To set goals and motivate the performer.
- To compare results with national averages (**normative data**) or with others.
- To give variety to training.

Limitations of fitness tests

- Many tests aren't sport-specific, and don't copy the movements or conditions of a real game.
- Some are sub-maximal, so the result depends on how hard the performer tries.
- The way a test is done isn't always the same (**reliability**), such as a different surface or temperature.

- Some tests need specialist equipment or a trained tester.

Collecting and using data

- **Quantitative data** is numbers, such as 45 cm in the sit and reach. **Qualitative data** is descriptions or opinions, such as "I felt tired".
- To make tests reliable, keep the conditions the same each time: same time of day, surface, warm-up and tester.

Key terms

Multi-stage fitness test	A test of cardiovascular endurance where you run 20 m shuttles to bleeps that get faster.
Normative data	National average results used for comparison.
Reliability	Whether a test gives the same result when repeated in the same conditions.
Validity	Whether a test measures what it claims to measure.
Maximal test	A test where the performer works as hard as possible.
Sub-maximal test	A test where the performer works below their maximum.
Quantitative data	Data in the form of numbers.
Qualitative data	Data in the form of descriptions or opinions.

Quick questions

Cover the answers and test yourself: remembering is what makes it stick.

1. Which test measures flexibility?
2. Which test measures reaction time?
3. Which test measures power?
4. Which test measures balance?
5. Which test measures strength?
6. Which test measures agility?
7. Which test measures coordination?
8. What is normative data?

Answers

1. The sit and reach test
2. The ruler drop test
3. The vertical jump test
4. The standing stork test
5. The handgrip dynamometer
6. The Illinois agility run test
7. The wall toss test
8. National average results used for comparison

Your notes

What to do next

Practise 12 questions on this topic

Try 5 exam questions, with mark schemes

Read the lesson, one step at a time

Free revision for GCSE and KS3 at lycolearn.co.uk. Some notes are for one exam board only, and say so in brackets.

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