



Level 3 Sport

Extended Diploma Summer Work

UNIT 7 – FINTESS TESTING ASSIGNMENT ONE

Over recent years research has shown an increase in the sedentary lifestyles of the young people of Hull and the surrounding area. The increased popularity of television, computer games and the general reduction in safe open fields to play sport in are some of the contributing factors for this. You need to complete research into each component of fitness, including the fitness component definition, how to carry out appropriate testing and the equipment needed, and 1 advantage and 1 disadvantage of each test.

This work forms part of Unit 7 Fitness Testing and must be completed and brought to your first Sport lesson in September; either on paper or electronically.



Student Name: _____

Muscular Endurance

Definition

Include an image and written text

Describe the Fitness Test
to measure this component
(1min sit-up test, 1min press-up
test)

List of Equipment

EXPLAIN 1 x
advantage/positive of the
test

EXPLAIN 1 x
disadvantage/negative of
the test

Muscular Strength

Definition	
Describe the Fitness Test to measure this component <i>(hand grip dynamometer)</i>	<i>Include an image and written text</i>
List of Equipment	
EXPLAIN 1 x advantage/positive of the test	
EXPLAIN 1 x disadvantage/negative of the test	

Speed

Definition	
Describe the Fitness Test to measure this component (20m sprint test)	<i>Include an image and written text</i>
List of Equipment	
EXPLAIN 1 x advantage/positive of the test	
EXPLAIN 1 x disadvantage/negative of the test	

Power

Definition	
Describe the Fitness Test to measure this component <i>(Standing broad jump, Standing vertical jump)</i>	<i>Include an image and written text</i>
List of Equipment	
EXPLAIN 1 x advantage/positive of the test	
EXPLAIN 1 x disadvantage/negative of the test	

Flexibility

Definition	
Describe the Fitness Test to measure this component <i>(Sit and reach test)</i>	<i>Include an image and written text</i>
List of Equipment	
EXPLAIN 1 x advantage/positive of the test	
EXPLAIN 1 x disadvantage/negative of the test	

Aerobic Endurance

Definition	
Describe the Fitness Test to measure this component (Multi-stage fitness test, Cooper run)	<i>Include an image and written text</i>
List of Equipment	
EXPLAIN 1 x advantage/positive of the test	
EXPLAIN 1 x disadvantage/negative of the test	

Body Composition

Definition	
Describe the Fitness Test to measure this component (Skinfold Callipers, Bioelectrical Impedance)	<i>Include an image and written text</i>
List of Equipment	
EXPLAIN 1 x advantage/positive of the test	
EXPLAIN 1 x disadvantage/negative of the test	