

## Fitness Testing Worksheet

### 1 Mark Questions

1. Define the term "validity".
2. Define the term "reliability".
3. Define the term "practicality".
4. What is the unit of measurement for aerobic fitness?
5. Give one example of a fitness test to measure body composition.

### 2 Mark Question

6. Give 2 examples of a fitness test for muscular endurance.
7. Give one example of an advantage and one example of a disadvantage for grip dynamometer
8. Give one example of an advantage and one example of a disadvantage of skinfold testing.
9. Name one advantage and one disadvantage of using bioelectrical impedance analysis for measuring body composition?

### 4 Mark Questions

- 10.

A tennis coach carries out skinfold testing using the Jackson-Pollock nomogram method on both the men's and women's tennis teams.

Explain **two** factors the tennis coach should consider so the skinfold testing results are reliable. (4)

Type your answer in the box.

Factor 1

Factor 2

11.

Perez is a long distance swimmer.  
He completes a number of fitness tests.  
The ratings for his results are shown in the table.

Using these results, explain the **two** main components of fitness Perez should improve to increase his long distance swimming performance. (4)

Type your answers in the boxes.

Component of fitness 1

Component of fitness 2

Test	Rating
Multi-stage fitness test	Average
Illinois agility run test	Average
One-minute press-up test	Below average