

Multi Stage Fitness Test – C.V. Endurance

Introduction

This test is very good for games players as it is specific to the nature of the sport but, due to the short turns, is perhaps not suitable for rowers, runners or cyclists.

Objective

The objective of this test is to monitor the development of the athlete's maximum oxygen uptake.

Advantages of test: **Write your own advantages**

Disadvantages of test: The disadvantages of the test was that when I took part in it I had a sore muscle in my knee so I had to stop at level 9 so I did reach my maximally score and this test requires your maximally score to tell you your fitness.

Required Resources

To undertake this test you will require :

- A flat, non slippery surface at least 20 metres in length
- 20 metre tape measure
- Marking cones
- Pre-recorded audio tape
- Tape recorder
- Recording sheets
- Assistant

How to conduct the test

The test is made up of 23 levels where each level lasts approx 1 minute. Each level comprises of a series of 20m shuttles where the starting speed is 8.5km/hr and increases by 0.5km/hr at each level. On the tape a single beep indicates the end of a shuttle and 3 beeps indicates the start of the next level. The test is conducted as follows:

- Measure out a 20 metres section and mark each end with a marker cone
- The athlete carries out a warm up programme of jogging and stretching exercises
- The test is conducted
- The athlete must place one foot on or beyond the 20m marker at the end of each shuttle
- If the athlete arrives at the end of a shuttle before the beep, the athlete must wait for the bleep and then resume running
- The athlete keeps running for as long as possible until he/she can longer keep up with the speed set by the tape at which point they should voluntarily withdraw.

- If the athlete fails to reach the end of the shuttle before the beep they should be allowed 2 or 3 further shuttles to attempt to regain the required pace before being withdrawn
- Record the level and number of shuttles completed at that level by the athlete
- At the end of the test the athletes conduct a warm down programme, including stretching exercises

My Results

I reached **level 9**, which is an average rating

Ratings (level)

Males	Females	Rating
>13	>11	Excellent
11-12	9-10	Good
9-10	7-8	Average
7-8	5-6	Fair
<7	<5	Poor

[Find the source for this ratings table](#)

Comments:

My results are the average persons score, which is good, but I feel because of my knee I did reach my full potential, so the score is not as reliable.

Illinois Agility Run Test - Agility

Objective

The objective of the Illinois Agility Run Test is to monitor the development of the athlete's agility.

Advantages of test: [Write your own advantages](#)

Disadvantages of test: [Write your own disadvantages](#)

Required Resources

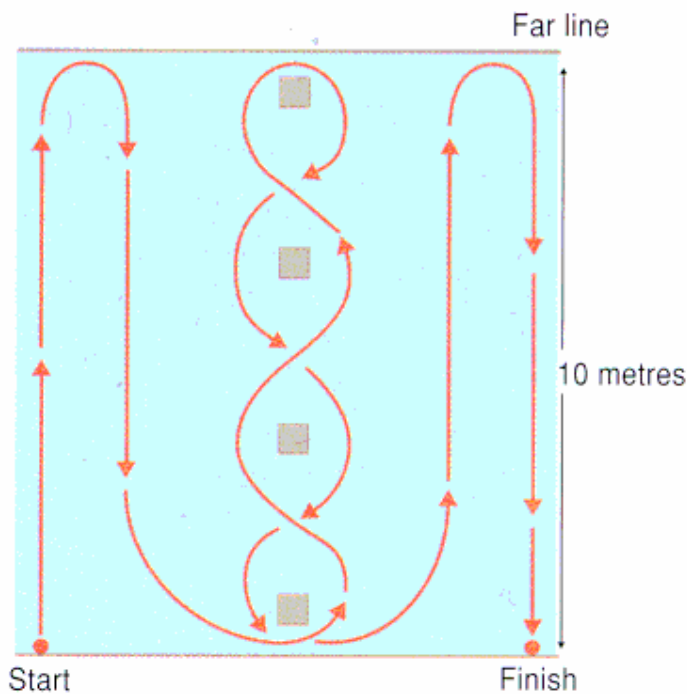
To undertake this test you will require :

- flat surface
- 8 cones
- Stop watch
- Assistant

The Illinois course

The length of the course is 10 metres and the width (distance between the start and finish points) is 5 metres.

4 cones can be used to mark the start, finish and the two turning points. Each cone in the centre is spaced 3.3 metres apart.



How to conduct the test

The Illinois Agility Run Test is conducted as follows:

- The athlete lies face down on the floor at the start point
- On the assistant's command the athlete jumps to his/her feet and negotiates the course around the cones to the finish
- The assistant records the total time taken from his command to the athlete completing the course.

My Result –

Add your results

Ratings (secs)

Males	Females	Rating
>15.2	>17.0	Excellent
16.1-15.2	17.9-17.0	Good
17.1-16.2	21.7-18.0	Average
16.3-18.2	23.0-21.8	Fair
<18.3	<23.0	Poor

Find the source for this ratings table

Comments

Comment on your results

Sergeant Jump Test - Power

Objective

To monitor the development of the athlete's leg power.

Advantages of test: *Write your own advantages*

Disadvantages of test: *Write your own disadvantages*

Required Resources

To undertake this test you will require :

- A wall
- 1 metre Tape Measure
- Chalk

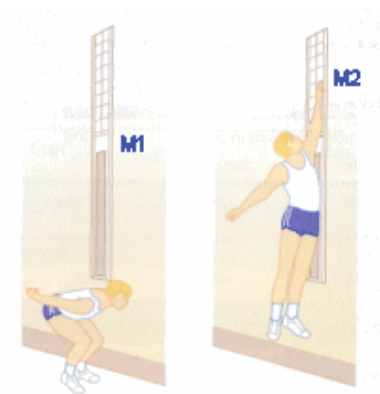
- An assistant

How to conduct the test:

The athlete:

- chalks the end of his finger tips
- stands side onto the wall, keeping both feet remaining on the ground, reaches up as high as possible with with one hand and marks the wall with the tips of the fingers (M1)
- from a static position jumps as high as possible and marks the wall with the chalk on his finger tips (M2)

The teacher then measures the distance from M1 to M2. The test can be performed as many times as the athlete wishes.



My Result –

Add your results

Ratings (cms)

Males	Females	Rating
>65	>58	Excellent
50-65	47-58	Good
40-49	36-46	Average
30-39	26-35	Fair
<30	<26	Poor

Find the source for this ratings table

Comments

Comment on your results

Sit and Reach Test – Flexibility

Equipment: Sit and reach box, marking slider.

Target Population: Everyone without injury.

Advantages: Simple to administer.

Disadvantages: Only measures hamstring flexibility.

Procedure: **Add the protocol here**

Add the ratings table

Add your result

Comment on your result

**These examples are here for your guidance, use
the information here to do the same for the
remaining tests!!**