

**BTEC**

**Certificate in Sport**

**Name:**

**Unit 7: Fitness Testing for Sport and Exercise**

**2018/2019**

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| **ASSIGNMENT BRIEF -** |
| **Introduction -**  The overall relationship between fitness and health affects performance in our everyday lives. Fitness is vital to achieving success in sport, and fitness testing plays a valuable role in the development of personal fitness levels. Sports performers regularly participate in fitness tests to determine their baseline measures. Fitness testing results are then used to identify strengths and areas for improvement. Fitness testing results are also used to predict future performance and provide feedback on the effectiveness of a training programme.  Fitness testing can be carried out in a health club setting. Health clubs screen clients for the contradictions to exercise, and fitness testing enables the instructor to determine baseline measures, using the results as a basis for exercise programme design. |

**Learning Outcomes -**

In this unit you will:

**A.** Know a range of laboratory based and field based fitness tests

**Scenario -**

You are working as a fitness and health instructor in a local leisure centre. You have been asked to work with a group of clients to instruct three fitness tests.

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| **TASK** | **TASK DESCRIPTION** | **GRADING**  **CRITERIA** | **Submission date** | **ASSESSOR** |
| **1a.**  **1b.** | **Describe** how to conduct the following three fitness tests:   * Multi Stage Fitness Test (Bleep Test) * Sit and Reach Test * Illinois Agility Test   For each test you must identify the component of fitness it is designed to test e.g. strength, power  For each test you must **explain** two well explained advantages and disadvantages e.g. easy to instruct, cost effective etc. | **P1**  **M1** | First BTEC Sport lesson | VAC/GS |
| **Evidence you must produce for this task.** | A word processed document with pictures | | | |
| **Criteria covered by this task:** | | | | |
| Describe one test for each component of physical fitness, including advantages and disadvantages. | | | | **P1** |
| Explain the advantages and disadvantages of one fitness test for each component of physical fitness. | | | | **M1** |

If you experience any difficulties with this piece of work please email Vicky ([vac@asfc.ac.uk](mailto:vac@asfc.ac.uk))