

Year 12 Pre-enrolment Project

You will be required to hand in your completed project at your first lesson in September

AS Level/BTEC Subject:	SPORT & PHYSICAL ACTIVITY
Project Title:	FITNESS TESTING IN SPORT
Project overview/instructions <u>Assessment Activity</u> You are an exercise physiologist who carries out fitness testing with both individuals and clubs. Fitness testing enables strengths and weaknesses to be assessed and performance to be predicted and provides feedback on a training programme.	
<u>Task 1</u> You have been asked to deliver a presentation on fitness testing to a local sports club. Your presentation should:- a) Describe one test for each of these components of physical fitness, including advantages and disadvantages of that test. The components of physical fitness are: flexibility, strength, aerobic endurance, speed, power, muscular endurance and body composition. Advantages and disadvantages may include cost, time, equipment requirement, facility requirements, skill level required, test validity and/or test reliability b) Explain the advantages and disadvantages of one fitness test for each component of physical fitness. You might consider cost, time, equipment requirement, facility requirements, skill of instructor, and validity of results. This could be done in a table format.	

