

## Key learning points

- Tests can be split up into two types: those which test health and are static in nature and those which test fitness and are dynamic in nature.
- Before conducting a test you must consider that both the client and the environment are in an appropriate state for the test to take place.
- A valid test is one that tests what it says it will test.
- A reliable test is one that would yield the same results if it were to be repeated.

## Reasons to terminate a fitness test

There will be occasions where it becomes unsafe to continue with a test due to physiological changes within the client. The following is a list of specific situations when a test should be stopped:

- chest pains or angina-like symptoms
- excessive increase in blood pressure (250/115)
- shortness of breath and wheezing
- leg cramps or pain
- light-headedness, nausea, or pale, clammy skin
- heart rate does not rise with exercise intensity
- irregular heart beat
- client requests to stop
- signs and symptoms of severe exhaustion
- equipment fails.

## Make the Grade

M2

To achieve M2, make sure that you: carry out calculations for the prediction of percentage body fat of an individual using two alternative anthropometric methods, explaining the results and the strengths and areas of improvement

## Key terms

**Coronary arteries** Blood vessels that bring oxygenated blood to nourish the muscle cells of the heart muscle.

## Quick quiz 3

By choosing from the list below fill in the blanks to complete the sentences:

When administering a fitness test you must make sure it is \_\_\_\_\_ by considering whether it tests what it says it is testing and also how to make it \_\_\_\_\_ which means that if you did the test again you would get the same results. Fitness testing is done to make sure the person is \_\_\_\_\_ to exercise and to identify their \_\_\_\_\_ and \_\_\_\_\_. It is important to do the \_\_\_\_\_ tests first and then tests requiring \_\_\_\_\_ and finally tests requiring \_\_\_\_\_ effort.

safe  
reliable  
sedentary  
strengths  
valid  
coordination  
maximal  
weaknesses

## 8.5. Be able to interpret the results of fitness tests and provide feedback

P6

M3

D2

Once you have completed a fitness test it is important to give detailed feedback to the individual. Before you conduct a test you need to say what you are testing and explain how the test will be conducted. Feedback is given once you have conducted the test, written down the result and then worked out how the result compares to the normative tables.

Feedback should be given in the following format:

- repeat the component of fitness that has been tested
- tell them what the result of the test was
- explain what you have tested and what the score represents
- tell them how they fit in within the population norms
- tell the subject what the implications of the result are in terms of their health and fitness

- discuss what recommendations you would make for the future.

If you have done a blood pressure test you would give feedback in this specific way:

- 'I have just taken your blood pressure.'
- 'Your blood pressure was 120/80 mmHg.'
- 'Blood pressure is the pressure of blood in the arterial system; 120 mmHg is the pressure during the contraction phase of the heart beat and 80 mmHg is the pressure during the relaxation phase of the heart beat.'
- 'This score is within the normal healthy range.'
- 'It means you are healthy enough to take part in sport and exercise.'

The scores of all fitness tests must be recorded in writing to ensure you have the information available in the future when you come to retest.

## Recommendations

Once you have completed all the tests you may write an action plan or a report on the individual; this would cover the following information:

- current situation, highlighting strengths and weaknesses
- the client's aims and objectives
- changes to be made, with options
- actions: a step-by-step guide to achieving aims
- timescale for review

### Student activity 8.3.



3 hours

P5

P6

M3

M4

D2

#### Task 1

1. Choose six fitness tests specifically chosen for the individual that you have selected to test.
2. Justify why you chose each of these six tests for this individual (think about choosing tests specific to the goals and fitness needs of that individual).
3. Develop a table and record the scores for each of the six tests.

#### Task 2

1. Once your selected individual has done the fitness tests and you have recorded their results, prepare and then present feedback to that individual in the form of a consultation. You should have worked out how their score fits into the normative data for that test and what implications the result has.
2. As part of the consultation summarise by identifying the individual's strengths and weaknesses and then provide recommendations for their future training activities.

## References

- Baechle, T. and Earle, R. (2008) *Essentials of Strength Training and Conditioning*, Human Kinetics.
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- Franklin, B. (2005) *American College of Sports Medicine's (ACSM) Guidelines for Exercise Testing and Prescription*, 6th edn, Lippincott, Williams and Wilkins.
- Stafford-Brown, J., Rea, S., Janaway, L. and Manley, C. (2006) *BTEC First Sport*, Hodder Arnold.
- Wesson K., Wiggins-James, N., Thompson, G. and Hartigan, S. (2005) *Sport and PE: A Complete Guide to Advanced Level Study*, Hodder Arnold

## Further reading

- Baechle, T. and Earle, R. (2008) *Essentials of Strength Training and Conditioning*, Human Kinetics.
- Coulson, M., 2007, *The Fitness Instructor's Handbook*. London: A&C Black.
- Sharkey, B.J. and Gaskill, S.E. (2006). *Fitness and Health*. Champaign, IL. Human Kinetics