

## 3.3

# Fitness testing

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Using the template below, create a flashcard summarising the key reasons for carrying out fitness testing and the key limitations to fitness testing.

Think carefully about what you will be assessed on, so that you only include the information that you absolutely must know.

### Fitness testing

#### Reasons for fitness testing

identifying strengths and weaknesses to inform training requirements and develop a training programme to optimise strengths and improve weaknesses.  
motivation to help set realistic goals leading to improved or optimised performance.  
establishing a starting level of fitness and monitoring improvement, this will show if a training programme is delivering required results.  
providing variety to develop one or more components of fitness that you may not have otherwise considered need improvement.

#### Limitations to fitness testing

the tests are general and not sport specific.  
do not replicate movements used in sports.  
usually conducted in isolation with few distractions, which don't replicate competitive conditions.  
question reliability.  
can decrease confidence/self esteem.

### Revision technique: flashcards

Summarising one topic on a flashcard helps you condense all the information you have been given into a format that you can then memorise. The process of choosing which information to include and which information to leave out is also the first step in memorising it.

Do you like this technique? Does it work for you? 😞 😐 😊