

Leventhorpe Accelerator Pack for BTEC Sports and Exercise Science

During the Btec Sports and Exercise Science Course, you will spend time studying fitness testing and their impact on sports performance.

You will need to complete the tasks below in preparation for starting this unit of work.

The purpose of this assignment is to provide an opportunity to investigate different fitness tests, and their advantages and disadvantages.

Scenario

You have been asked to support the fitness testing process with Bishop's Stortford Rugby Club.

Task 1

Research the following fitness tests and produce the information below;

MSFT

30m Sprint test

Illinois agility test

Sit and reach Test

IRM test

Grip test

Cooper run

Include the following in this task

- Method of the test
- Normative data for each test
- Advantages and disadvantages of each test
- Any comments of reliability and accuracy of the test