

## Unit 1: learning Aim C: Investigate fitness testing to determine fitness levels

<b><i>Learning aim C: Investigate fitness testing to determine fitness levels</i></b>	RED	AMBER	GREEN	Achieved in Midterm DIRT	Achieved in the formative assessment
<b>Importance and pre-requirements of fitness testing</b>					
To know and understand the importance of fitness testing -Baseline data -Interpreting data -Setting goals					
To know and understand the requirements for pre-test procedures and administering fitness testing -Informed consent -Equipment – safety and calibration -Reliability, practicality and validity -Human error -How to reduce the risk of human error					
<b>Fitness Testing Methods</b>					
To know and understand the flexibility fitness test -Sit and reach test -Sit and reach test method -Interpreting data -Reliability, practicality and validity of the sit and reach test -Advantages and disadvantages of the sit and reach test					
To know and understand the muscular strength and endurance fitness test -Grip Dynamometer test -Grip Dynamometer test method -Interpreting data -Reliability, practicality and validity of the grip dynamometer test -Advantages and disadvantages of the grip dynamometer test					
To know and understand the muscular strength and endurance fitness test -1 minute sit up and press up test -1 minute sit up and press up test method -Interpreting data -Reliability, practicality and validity of the 1 minute sit up and press up test -Advantages and disadvantages of the 1 minute sit up and press up test					
<b>DIRT</b>					
To know and understand the power, speed and agility fitness test -Vertical jump test -Vertical jump test method -Interpreting data -Reliability, practicality and validity of the vertical jump test -Advantages and disadvantages of the vertical jump test					
To know and understand the power, speed and agility fitness test -35m sprint test -35m sprint test method -Interpreting data -Reliability, practicality and validity of the 35m sprint test -Advantages and disadvantages of the 35m sprint test					
To know and understand the power, speed and agility fitness test -Illinois agility test -Illinois agility test method -Interpreting data -Reliability, practicality and validity of the Illinois agility test -Advantages and disadvantages of the Illinois agility test					
To know and understand the aerobic endurance fitness test -Multistage fitness and forestry step test -Multistage fitness and forestry step test method					

<ul style="list-style-type: none"> <li>-Interpreting data</li> <li>-Reliability, practicality and validity of the multistage fitness and forestry step test</li> <li>-Advantages and disadvantages of the multistage fitness and forestry step test</li> </ul>					
<ul style="list-style-type: none"> <li>To know and understand the body composition fitness test</li> <li>-Body mass index, bioelectrical impedance analysis and Jason-Pollock skinfold test</li> <li>-Body mass index, bioelectrical impedance analysis and Jason-Pollock skinfold method</li> <li>-Interpreting data</li> <li>-Reliability, practicality and validity of the body mass index, bioelectrical impedance analysis and Jason-Pollock skinfold test</li> <li>-Advantages and disadvantages of the body mass index, bioelectrical impedance analysis and Jason-Pollock skinfold test</li> </ul>					
<b>DIRT</b>					
<b>Formative Assessment</b>					