

## Unit 4 – The physiology of fitness

### Fitness tests

#### *Instructions and answers for teachers*

*These instructions should accompany the learner task - OCR resource 'Fitness tests, which supports Cambridge Technicals in Sport Level 3 Unit 4 – The physiology of fitness.*



**OCR** **SPORT**  
Level 2 and Level 3

**Unit 4 – The physiology of fitness**

**Fitness tests**

**Task 1**

Take your partner through each of the fitness tests following the protocol outlined in your booklet.  
Record the results in the table below.

Test	Score				
Multi stage					
Sit and Reach					
1 RM					
Press up test					
Cooper run					
Sit up test					
Grip Dynamometer					

**Associated Files:**

Fitness tests

**Expected Duration:**

Task 1 – 3 hours



*This activity offers an opportunity for maths skills development.*

Set up a practical session to allow learners to perform a series of fitness tests. Learners could record the results in the table provided.

Tests may include multi stage fitness test, step test, sit and reach, vertical jump, dynamometer test, cooper run, sit up test, press up test, or the walk test.



## Task 1

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1 RM									
Press up test									
Cooper run									
Sit up test									
Grip Dynamometer									

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