Unit title	Fitness Testing for Sport and Exercise
Unit level	Three
Unit credit value	3
Unit code	WNI839
Unit type	Academic Subject Content
Unit review date	31/12/2028
Graded/Ungraded	Graded

This unit has 3 learning outcomes:

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	**The learner can:**
1. Know about laboratory-based and field-based fitness tests.	1.1 Describe one test for each component of physical fitness. 1.2 Evaluate the effectiveness of each test.
2. Understand health screening techniques.	2.1 Design an appropriate health check questionnaire. 2.2 Administer an appropriate health check questionnaire for two contrasting individuals. 2.3 Safely administer four health monitoring tests for two contrasting individuals. 2.4 Interpret the results of four different health monitoring tests for two contrasting individuals, describing the strengths and areas of improvement.
3. Be able to administer and analyse fitness tests.	3.1 Select, safely administer and record findings of four different fitness tests for a selected individual and record the findings.

	3.2 Justify the selection of fitness tests commenting on suitability, reliability, validity. 3.3 Compare the fitness test results for a selected individual to normative data and identify strengths and areas for improvement.

Assessment (Graded)

1. Meets assessment criteria	At least a Pass
2. Further grading	
▪ Meets assessment criteria but not merit grading standards	Pass
▪ Meets assessment criteria and merit but not distinction grading standards	Merit
▪ Meets assessment criteria and distinction grading standards	Distinction

Indicative content

The following content is to be included in the delivery of the unit.

Learning outcomes	Indicative content
1. Laboratory-based testing & Field Based Testing (examples)	**Laboratory-based testing:** Astrand-Rhyming cycle ergometer test, 30-second Wingate cycle test, vertical jump test, 1RM tests, back dynamometer, grip dynamometer, BMI assessments, bioelectrical impedance analysis, one-minute press-up test, one-minute sit-up test, static flexibility testing, goniometer testing, sit-and-reach test **Field-based testing protocols:** multistage fitness test, 12-minute run, running-based anaerobic sprint test (RAST), flying 30 m sprint, Illinois agility test and T-drill test.
1. Fitness tests for different fitness components (examples)	• agility (e.g. Illinois, T Drill Test) • balance (e.g. Standing Stork Test) • speed (e.g. 30m test) • reaction time (e.g. ruler drop test) • power (e.g. Sargent test, standing long jump) • cardio – respiratory endurance (e.g. multi-stage, step test, 12-

	minute Cooper run) • flexibility (e.g. sit and reach) • muscular endurance (e.g. 1 min press up, 1 min sit up) • maximum strength (e.g. grip dynamometer, chin up test, 1RM) • body composition (e.g. skinfold test, Body Mass Index (BMI))
1. Effectiveness	• cost (e.g. high, low) • availability (e.g. equipment, space, facilities) • time (e.g. short, lengthy) • ease/practicality (e.g. ease of use/implementation) • knowledge (e.g. specialist, basic) • accuracy (e.g. of measurement of results) • validity (e.g. how well they test the fitness component) • reliability (e.g. if they can be repeated with the same outcomes)
2- Health screening procedures	• health screening questionnaires • client consultation, eg questioning, listening, non-verbal communication, client confidentiality • informed consent
2- Testing preparation	• informed consent • health screening • data-recording sheets ethical procedures
2- Health monitoring tests	• heart rate • blood pressure • lung function • waist-to-hip ratio • body mass index
3 - Validity of fitness tests	• Understand what validity means and the application to fitness testing. • Validity of fitness test for different sports performers. ○ applications within testing ○ equipment suitability ○ calibration of equipment ○ protocol familiarisation ○ pre-test preparation ○ acceptable data differences between testing protocols.
3- Reliability	• Understanding of what reliability means. • Benchmarking data.

	• Methods of ensuring reliability pre-test, e.g. calibration of the equipment, warm-up, fitness test technique practice.
3- Suitability	• The appropriateness of the test for the sport, sports performer, fitness levels of the performer. • Factors affecting the practicality of fitness tests – cost, time, equipment, facility

Indicative content

The following content is to be included in the assessment of the unit.

Learning outcomes	Indicative content
1. Know about laboratory-based and field-based fitness tests	The learner must describe tests for the following components of physical fitness, and should have a minimum of one field or lab-based test within the selection: • flexibility • muscular strength • aerobic endurance • speed • power • muscular endurance • body composition. Descriptions of each test should include the: • testing protocol • equipment required • considerations around validity and reliability of result The learner must evaluate the effectiveness of the test and cover the indicative content
2. Understand health screening techniques	The learner must design a questionnaire which must collect all relevant information about the individual the below is an example of what this may look like: • Name • Date of birth • Contact details • Emergency contact details • Basic Health information (height, weight) • Medication • pre-existing medical conditions • Lifestyle habits (diet, smoking, alcohol, physical activity levels)

	The learner is required to apply their questionnaire to assess the health of two individuals with contrasting characteristics. When choosing these individuals, various factors should be taken into account, including their current medical conditions, age range, fitness levels, and lifestyle habits. The Learner is required to conduct a minimum of four health monitoring tests on the individuals, ensuring the safe administration of these tests. Evidence of obtaining appropriate consent must be demonstrated. The learner should adhere to relevant protocols throughout the process. The Learner must record and interpret the results. Using normative data that aligns with each test, the learner must identify both strengths and areas for improvement in the health profiles of both individuals
3. Be able to administer and analyse fitness tests	The learner must select a minimum of 4 tests (tests can be both lab-based and field-based) that best suits a selected individual and produce a rationale for choosing each of the tests. The learner could use a client that they have previously used within this unit. Prior to testing, the learner should consider: • consent forms • health questionnaires • health and safety • test protocol • effective recording of the client's results When selecting and justifying the tests, the learner should also consider: • test reliability • test validity • practicality of test • purpose of test (for example benchmarking the individual, being able to develop a specific development programme, purpose in relation to specific position/sport). The Learner must record and interpret the results. Using normative data that aligns with each test, the learner should identify both strengths and areas for improvement.

Assessment methodology

The following assessment methods are suggested for the assessment of this unit.

- Report
- Presentation
- Academic Poster
- Assignment
- Completed health screening questionnaire.
- Test results
- Normative data

Please note: Delivery of fitness test administration must be supported by either video or annotated photographic evidence as well as tutor observation records and made available for the moderator when requested for sampling