



PE COMPONENT 1 - FITNESS TESTING

- Limitations of Fitness Testing**
- Tests are often not **sport specific**
 - They do not always **replicate** the movements of an activity
 - They do not always replicate **competitive** conditions that are required in sports
 - Many of the tests require high **motivation**
 - In order to be valid, the correct **procedure** must always be followed

- Reasons For Fitness Testing**
- To identify **strengths** and/or weaknesses
 - To **monitor** improvement
 - To show a starting level of **fitness**
 - To inform **training** requirements
 - To compare against the **national** average
 - To motivate and set **goals**
 - To provide variety to a training **programme**

