

Test Protocol

How each test is carried out and how it is organised. Write the protocol for each test below (they are bullet pointed in the text book)

Co-ordination – Wall toss test

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

Reaction time = Ruler drop test

- 1
- 2
- 3
- 4
- 5
- 6
- 7

Agility = Illinois test

- 1
- 2
- 3
- 4
- 5
- 6

Balance – The stork stand

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

Speed = 30m speed test

- 1
- 2
- 3

4

Power = Vertical Jump test (sergeant jump test)

1

2

3

4

5

6

7

Body composition – a machine measures the % body muscle/fat and bone

Muscular Endurance – sit up bleep test

1

2

3

4

5

6

7

Muscular Strength = one rep max test

1

2

3

4

Flexibility = sit and reach test

1

2

3

4

5

6

Cardiovascular endurance – Multi stage fitness test

1

2

3

4

5

6

7