

## Unit 1 Task Sheet 2(a)

**AC2.1:** Physiological procedures used to measure sporting performance.

**Scenario:** You have been asked by your PE teacher to evaluate some of the physiological procedures that can be used to measure sporting performance.

Identify the health or fitness component measured by the following tests. Go on to explain a strength and weakness of each test:

Test	Health/Fitness Component	Strength of Test	Weakness of Test
Press Up Test			
Illinois Test			
Stork Stand			
Multistage Test			
30/50m Sprint			
1 Rep Max			

Explain some of the methods that could be used to measure a person's lifestyle choices.

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