

Unit 2 Task Sheet 2(a)

AC2.2: The components of fitness of an individual against normative ranges.

Complete the table opposite by matching the fitness test from the list below to the correct component of fitness:

Ruler Drop
 Illinois
 Stork Balance
 Multi Stage Fitness Test
 1 Rep Max
 Sit Up Test
 Skin Fold Callipers
 Vertical Jump
 30m Sprint
 Alternate Hand Throw
 Sit and Reach

Scenario: Your PE class have recently completed a number of fitness tests. Now you must ensure that you can match the correct test to the relevant component of fitness.

Component of Fitness	Fitness Test
CV Endurance	
Muscular Endurance	
Speed	
Strength	
Power	
Flexibility	
Agility	
Co-ordination	
Reaction Time	
Body Composition	
Balance	