

Unit 2 Task Sheet 3

AC2.3: Why fitness testing is important.

Scenario: Having completed some work in school on fitness testing you would like to introduce testing at your local sports club. To do this you will have to explain to the coaches why fitness testing is important and how it can play a part in improving performance.

Complete the table below to explain why it is important to test fitness.

	Reasons Why it is Important to Test Fitness
1.	
2.	
3.	
4.	
5.	
6.	