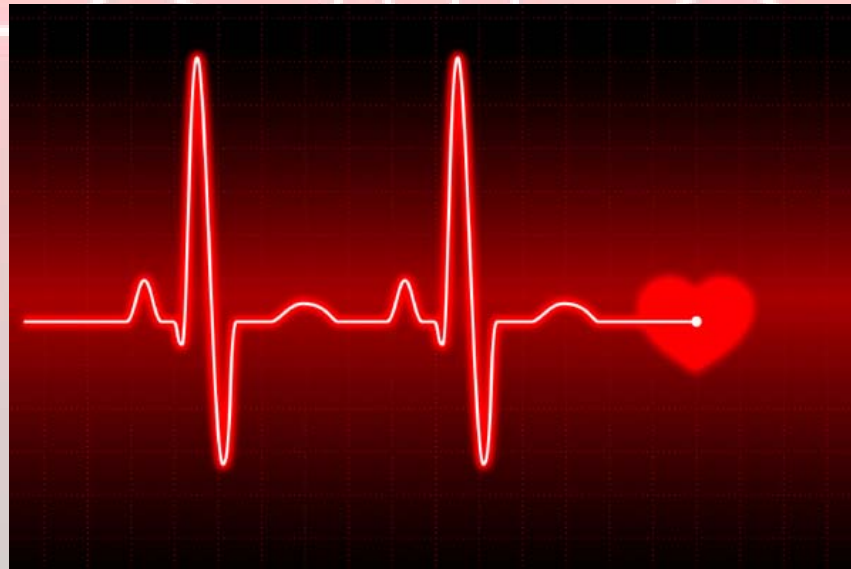


# BS7

## **Fitness Testing**



# Bleep Test

**Purpose:** The multistage fitness test is a commonly used maximal running aerobic fitness test. (VO<sub>2</sub> Max)



**Procedure:** This test involves continuous running between two lines 20m apart in time to recorded beeps. The speed at the start is quite slow.

After about one minute, a sound indicates an increase in speed, and the beeps will be closer together. This continues each minute (level). If the line is not reached in time for each beep, you must run to the line turn and try to catch up with the pace within 2 more 'beeps'.

If the line is reached before the beep sounds, you must wait until the beep sounds.

The test is stopped if you fail to reach the line (within 2 metres) for two consecutive ends.

How do you compare?	M	F
Australian Navy	6.5	4.5
British Police	8.1	5.4
British Fire Brigade	9.6	7.6
British Army	10.2	8.1
Royal Marines	11	10

Casey Stoney	13
Martin Johnson	14
David Beckham	16
Sebastian Coe	17

# Agility T-Test

**Purpose:** the T-Test is a test of agility for athletes, and includes forward, lateral, and backward running.

**Procedure:** Start at cone A.

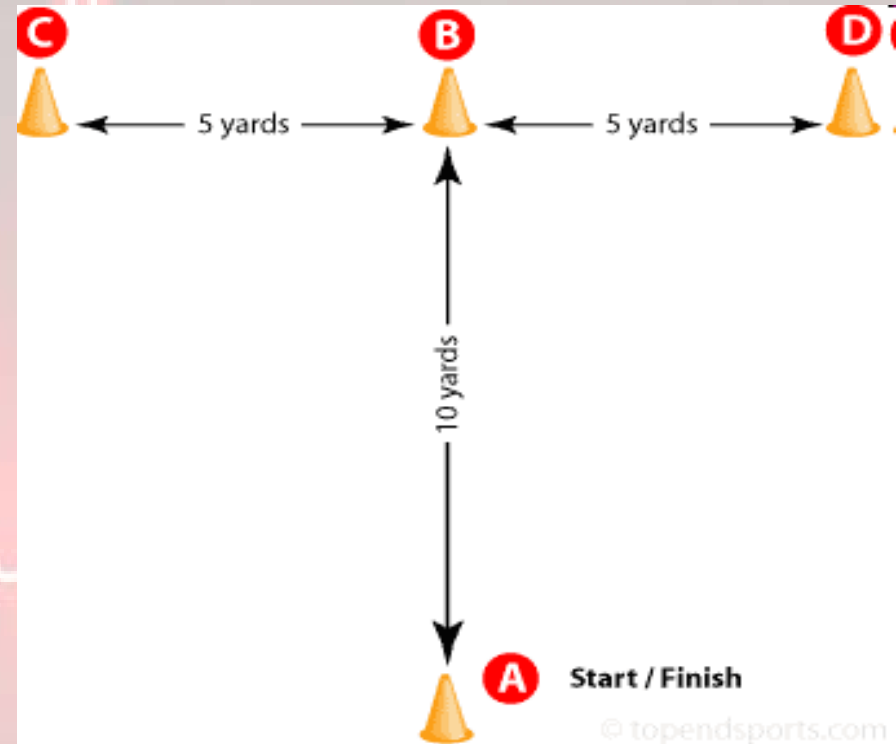
On the command of the timer, sprint to cone B.

Then turn left and sidestep to cone C touching the base with your left hand.

Then sidestep to the right to cone D and touch the base with the right hand.

Next, shuffle back to cone B and finally, run backwards to cone A.

The stopwatch is stopped as you pass cone A



## How did you do?

	Average	Good	Excellent
Male	>13.5s	11.5-13.5s	<11.5s
Female	>15s	13-15s	<13s

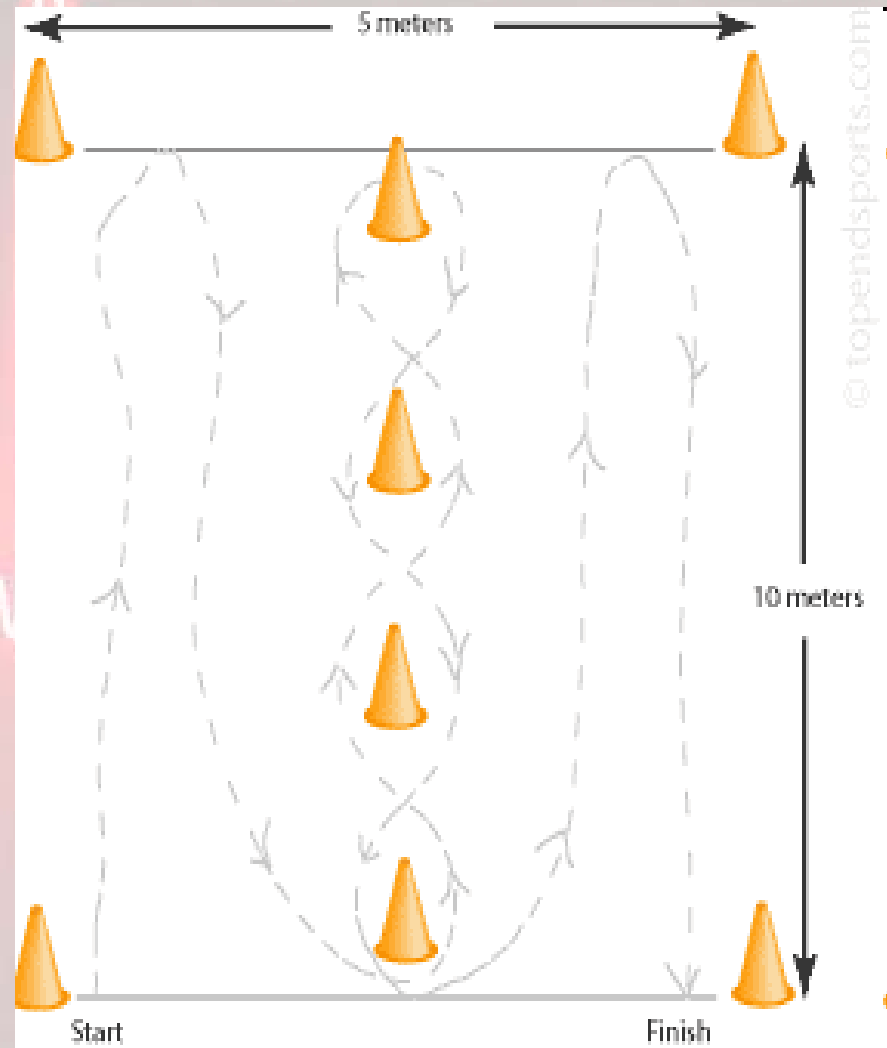
# Illinois Agility Test

**Procedure:** The length of the course is 10 metres and the width (distance between the start and finish points) is 5 metres. Four cones are used to mark the start, finish and the two turning points. Another four cones are placed down the centre an equal distance apart. Each cone in the centre is spaced 3.3 metres apart.

**Purpose:** This tests your ability to turn in different directions, and different angles.

How did you do?

Agility Run Ratings (secs)		
Rating	Males	Females
Excellent	<15.2	<17.0
Good	16.1-15.2	17.9-17.0
Average	18.1-16.2	21.7-18.0
Fair	18.3-18.2	23.0-21.8
Poor	>18.3	>23.0



# The Press-up Test

**Purpose:** An assessment of the muscular endurance of the chest, shoulders and arms.

**Procedure:** The total number of press ups completed in one minute. Traditionally the press ups for males and females differ as men should be in contact with the ground at their hands and toes while women should be in contact with the ground at their hands and knees.



## How did you do?

### Male

Age	17-19	20-29	30-39	40-49	50-59	60-65
Excellent	>56	>47	>41	>34	>31	>30
Good	47-56	39-47	34-41	28-34	25-31	24-30
Above average	36-46	30-39	25-33	21-28	18-24	17-23
Average	19-34	17-29	13-24	11-20	9-17	6-16
Below average	11-18	10-16	8-12	6-10	5-8	3-5
Poor	4-10	4-9	2-7	1-5	1-4	1-2
Very Poor	<4	<4	<2	0	0	0

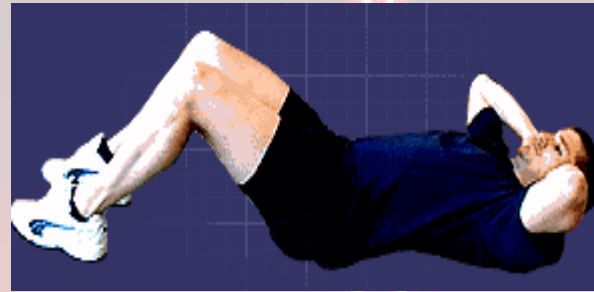
### Female

	20-29	30-39	40-49
Well above average	>41	>36	>29
Above average	35-40	29-35	23-28
Average	28-34	24-28	18-22
Below average	22-27	16-23	11-17
Well below average	0-21	0-15	0-10

# The Sit up Test

**Purpose:** An assessment of the muscular endurance of the abdominals and hip flexors.

**Procedure:** The total number of sit ups completed in one minute.



## How did you do?

### Male

Age	18-25	26-35	36-45	46-55	56-65	65+
<b>Excellent</b>	>49	>45	>41	>35	>31	>28
<b>Good</b>	44-49	40-45	35-41	29-35	25-31	22-28
<b>Above average</b>	39-43	35-39	30-34	25-28	21-24	19-21
<b>Average</b>	35-38	31-34	27-29	22-24	17-20	15-18
<b>Below Average</b>	31-34	29-30	23-26	18-21	13-16	11-14
<b>Poor</b>	25-30	22-28	17-22	13-17	9-12	7-10
<b>Very Poor</b>	<25	<22	<17	<9	<9	<7

### Female

Age	18-25	26-35	36-45	46-55	56-65	65+
<b>Excellent</b>	>43	>39	>33	>27	>24	>23
<b>Good</b>	37-43	33-39	27-33	22-27	18-24	17-23
<b>Above average</b>	33-36	29-32	23-26	18-21	13-17	14-16
<b>Average</b>	29-32	25-28	19-22	14-17	10-12	11-13
<b>Below Average</b>	25-28	21-24	15-18	10-13	7-9	5-10
<b>Poor</b>	18-24	13-20	7-14	5-9	3-6	2-4
<b>Very Poor</b>	<18	<20	<7	<5	<3	<2

# Vertical Jump

**Purpose:** Designed to measure explosive power in your legs

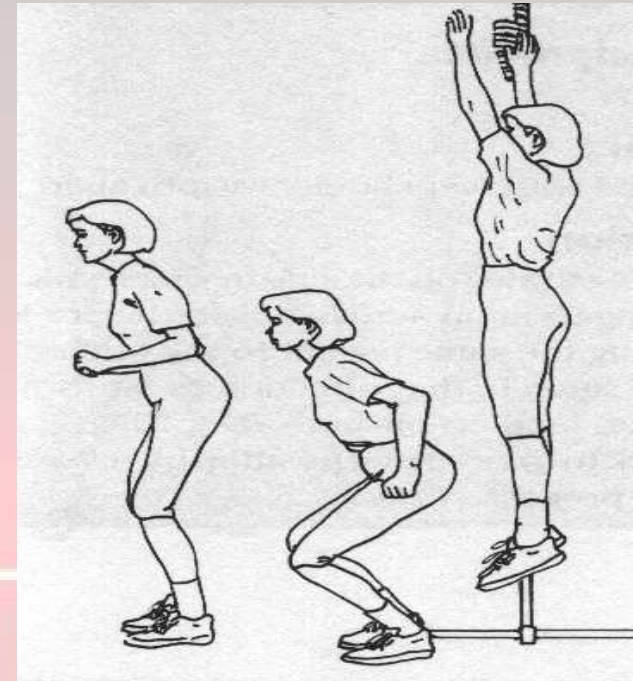
## Procedure:

Stand next to a wall with a piece of chalk.

Raise your arm up from a standing position and mark the wall with the chalk.

Jump as high as you can, marking the wall at the top of the jump.

Distance between the two marks is your score.



## How did you do?

Vertical Jump	Average	Good	Excellent
Male Players	32 to 37 cm	37 to 45 cm	>45 cm
Female Players	26 to 32 cm	32 to 39 cm	>39 cm



# Horizontal Jump

**Purpose:** Designed to measure explosive power in your legs

## Procedure:

Place your feet on the line.

Crouch, lean forward, swing your arms backwards, then jumps horizontally as far as possible.

The distance is measured from the closest body part (heel).

The jump should be from a static position.



## How did you do?

Gender	Excellent	Above average	Average	Below average	Poor
Male	>3.0m	2.7m	2.5m	2.3m	<2.0m
Female	>2.8m	2.5m	2.2m	1.9m	<1.7m



# My Fitness Test

<b>NAME:</b>				
Test	1 <sup>st</sup> test date: 6/6/09	2 <sup>nd</sup> test date:	3 <sup>rd</sup> test date:	4 <sup>th</sup> test date:
Bleep Test (level)				
Sit ups (no. in 1min)				
T-Test (time)				
Press ups (no. in 1min)				
Illinois Agility (time)				
Vertical jump (cm)				
Horizontal jump (cm)				

Lvl	Sht	Speed (km/h)	Secs per shtle	Total level time (s)	Distance (m)	Cumulative Distance (m)	Cumulative Time (min and seconds)
1	7	8.0	9.0	63	140	140	1:03
2	8	8.5	8.47	67.8	160	300	2:11
3	8	9.0	8	64	160	460	3:15
4	9	9.5	7.58	60.64	180	640	4:15
5	10	10.0	7.2	64.8	200	840	5:20
6	10	10.5	6.86	61.74	200	1040	6:22
7	10	11.0	6.55	65.5	200	1240	7:27
8	10	11.5	6.26	62.6	200	1440	8:30
9	11	12.0	6.0	66.0	220	1660	9:36
10	11	12.5	5.76	63.36	220	1880	10:39
11	11	13.0	5.54	60.94	220	2100	11:40
12	12	13.5	5.33	63.96	240	2340	12:44
13	12	14.0	5.14	61.68	240	2580	13:46
14	13	14.5	4.97	64.61	260	2840	14:51
15	13	15.0	4.8	62.4	260	3100	15:53

# VO2 Max Lookup tables

Level	Shuttle	VO2 Max
5	2	30.2
	4	31.0
	6	31.8
	9	32.9
6	2	33.6
	4	34.3
	6	35.0
	8	35.7
	10	36.4
7	2	37.1
	4	37.8
	6	38.5
	8	39.2
	10	39.9
	11	40.5
8	2	40.5
	4	41.1
	6	41.8
	8	42.4
	11	43.3

Level	Shuttle	VO2 Max
9	2	43.9
	4	44.5
	6	45.2
	8	45.8
	11	46.8
10	2	47.4
	4	48.0
	6	48.7
	8	49.3
	11	50.2
11	2	50.8
	4	51.4
	6	51.9
	8	52.5
	10	53.1
	12	53.7
12	2	54.3
	4	54.8
	6	55.4
	8	56.0
	10	56.5
	12	57.1

Level	Shuttle	VO2 Max
13	2	57.6
	4	58.2
	6	58.7
	8	59.3
	10	59.8
14	13	60.6
	2	61.1
	4	61.7
	6	62.2
	8	62.7
15	10	63.2
	13	64.0
	2	64.6
	4	65.1
	6	65.6
15	8	66.2
	10	66.7
	13	67.5

**WOMEN**

Age (years)	Very poor	Poor	Fair	Average	Good	Very good	Excellent
20-24	< 27	27-31	32-36	37-41	42-46	47-51	>51
25-29	< 26	26-30	31-35	36-40	41-44	45-49	>49
30-34	< 25	25-29	30-33	34-37	38-42	43-46	>46
35-39	< 24	24-27	28-31	32-35	36-40	41-44	>44
40-44	< 22	22-25	26-29	30-33	34-37	38-41	>41
45-49	< 21	21-23	24-27	28-31	32-35	36-38	>38
50-54	< 19	19-22	23-25	26-29	30-32	33-36	>36
55-59	< 18	18-20	21-23	24-27	28-30	31-33	>33
60-65	< 16	16-18	19-21	22-24	25-27	28-30	>30

**MEN**

Age (years)	Very poor	Poor	Fair	Average	Good	Very good	Excellent
20-24	< 32	32-37	38-43	44-50	51-56	57-62	>62
25-29	< 31	31-35	36-42	43-48	49-53	54-59	>59
30-34	< 29	29-34	35-40	41-45	46-51	52-56	>56
35-39	< 28	28-32	33-38	39-43	44-48	49-54	>54
40-44	< 26	26-31	32-35	36-41	42-46	47-51	>51
45-49	< 25	25-29	30-34	35-39	40-43	44-48	>48
50-54	< 24	24-27	28-32	33-36	37-41	42-46	>46
55-59	< 22	22-26	27-30	31-34	35-39	40-43	>43
60-65	< 21	21-24	25-28	29-32	33-36	37-40	>40