

FITNESS TESTING



FITNESS TESTING INTRODUCTION

CD Four



INTRODUCTION – FITNESS TESTING

Welcome to the Australian College of Sport and Fitness' CD of fitness testing. Fitness tests can be used to identify the fitness level of a client, and then establish components of fitness training can be targeted towards. It can also be used to set specific goals.

As this CD contains a wide range of fitness tests, it is for the Fitness Professional to decide the most appropriate test/s that relates to the clients specific goals or needs.

Each document contains a clear explanation of the purpose, procedure, equipment and results relating to each fitness test.

What's included?

- Two Hop Jump Test
- Aerobic Test - Step Up Test
- Balance Board Test
- Bench Press Test
- Calf Flexibility Test
- Endurance Test:
 - Cooper Test
 - Lateral Jump
 - Sit up
- Flexibility Test - Sit and Reach Test
- Power Tests:
 - Side medicine Ball
 - Vertical Jump
 - Overhead Medicine ball
- Speed Test
- Strength Tests:
 - One Max Rep
 - Dips
 - Push-ups
 - Squat
 - Pull up

The Australian College of Sport and Fitness has produced this CD and all contents within for students and qualified Fitness Professionals to use with their clients. The student or fitness professional must understand the information and components within this CD prior to use. ACSF cannot take responsibility for the actions of the student or Fitness Professional.

This CD should only be used by enrolled students or fully qualified and insured fitness professionals. ACSF students using the material on this CD must use it in conjunction with all other course training and learning material provided by ACSF and ensure safety and correct usage at all times.

ACSF cannot take any responsibility of the action taken by the student or fitness professional and the use of the information on this CD.