3.1 Components of Fitness: Endurance, Strength, Flexibility and Fitness Testing: 10-minute Pack

AQA 8582 · Calculator allowed · about 10 minutes

Total Marks

Name: _____ Date: ____ / ____ / _____

Answer ALL questions. Show all your working.

1 Which fitness test is most likely to be used to measure a performer's aerobic (cardiovascular) endurance?

- ☐ A) Grip dynamometer test
- ☐ B) Multi-stage fitness test
- ☐ C) Sit-and-reach test
- ☐ D) Illinois agility test

(Total for Question 1 is 1 mark)

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2 Name the fitness test used to measure aerobic (cardiovascular) endurance.

(Total for Question 2 is 1 mark)

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3 Table 1 shows fitness test results for three athletes, alongside a simplified classroom rating table.

Table 1: Results

Athlete	Bleep test level	Sit-and-reach (cm)	Grip dynamometer (kg)
Amara	10.2	28	34
Ben	7.5	18	45
Chen	12.8	22	29

Table 2: Simplified classroom rating bands

Rating	Bleep test level	Sit-and-reach (cm)	Grip dynamometer (kg)
Excellent	11.0 or above	27 or above	40 or above
Good	8.0 to 10.9	17 to 26	30 to 39
Average	5.0 to 7.9	7 to 16	20 to 29
Below average	below 5.0	below 7	below 20

(a) Using Table 2, state Amara's rating for the sit-and-reach test. **(1)**

(b) Using Table 2, state Chen's rating for the bleep test. **(1)**

(c) Identify which athlete has the best rating for strength (grip dynamometer), and state their rating. **(2)**

(d) Chen has the best rating of the three athletes for aerobic endurance. Using the ratings in the tables, suggest one component of fitness Chen might prioritise developing further, and justify your answer using the data. **(3)**

(Total for Question 3 is 7 marks)

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4 A football coach wants to test the aerobic endurance of the squad before pre-season training begins, since matches involve 90 minutes of repeated intermittent running.

(a) State which fitness test would be most appropriate, and explain why it suits football's demands. **(2)**

(Total for Question 4 is 2 marks)

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Mark scheme · 3.1 Components of Fitness: Endurance, Strength, Flexibility and Fitness Testing: 10-minute Pack

Question 1

B (multi-stage fitness test) **B1**

Answer: B (multi-stage fitness test)

Question 2

multi-stage fitness test (bleep test) **B1**

Answer: The multi-stage fitness test (bleep test).

Question 3

(a) Excellent (28 cm is 27 cm or above) **B1**

(a) Answer: Excellent.

(b) Excellent (12.8 is 11.0 or above) **B1**

(b) Answer: Excellent.

(c) Ben **B1**

(c) Excellent (45 kg is 40 kg or above) **B1**

(c) Answer: Ben, whose grip dynamometer score of 45 kg is rated Excellent.

(d) strength, oe **B1**

(d) Chen's grip dynamometer score (29 kg) is rated only Average, oe **B1**

(d) this is Chen's lowest rating of the three components shown (Excellent aerobic endurance, Good flexibility, Average strength), so it is the area with the most room for improvement relative to Chen's own profile, oe **B1**

(d) Answer: Strength, because Chen's grip dynamometer score of 29 kg is rated only Average, which is Chen's lowest of the three ratings shown (Excellent for the bleep test, Good for sit-and-reach), so it represents the biggest gap in Chen's own fitness profile.

Question 4

(a) the multi-stage fitness test, oe **B1**

(a) it involves continuous running over an extended period at an increasing pace, which reflects the sustained aerobic demand of a 90-minute match, oe **B1**

(a) Answer: The multi-stage fitness test, because it involves continuous running over an extended period, reflecting the sustained aerobic demand a footballer faces across a 90-minute match.

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