3.2 Components of Fitness: Agility, Power, Speed and Reaction Time 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 designed to measure a performer's agility?

- ☐ A) Illinois agility test
- ☐ B) 30 metre sprint test
- ☐ C) Vertical jump test
- ☐ D) Ruler drop test

(Total for Question 1 is 1 mark)

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2 The vertical jump test compares a performer's standing reach height with their jump-touch reach height.

(a) Describe how the vertical jump test is carried out. **(2)**

(b) A performer has a standing reach of 210 cm and a jump-touch reach of 250 cm. Calculate their vertical jump score. **(2)**

(Total for Question 2 is 4 marks)

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3 Name the fitness test used to measure coordination.

(Total for Question 3 is 1 mark)

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4 Table 1 shows the results of three performers on three fitness tests, alongside a simplified classroom rating table.

Table 1: Results

Performer	Illinois agility (seconds)	Vertical jump (cm)	Ruler drop (cm)
Freya	15.8	38	12
George	17.9	52	22
Hana	16.4	44	8

Table 2: Simplified classroom rating bands (note: for agility and reaction time, a LOWER number is a BETTER result)

Rating	Illinois agility (seconds)	Vertical jump (cm)	Ruler drop (cm)
Excellent	below 16.0	50 or above	below 10
Good	16.0 to 17.0	40 to 49	10 to 15
Average	17.1 to 18.0	30 to 39	16 to 22
Below average	above 18.0	below 30	above 22

(a) Using Table 2, state Freya's rating for the Illinois agility test. **(1)**

(b) Using Table 2, state George's rating for the vertical jump test. **(1)**

(c) Identify which performer has the best (fastest) rating for reaction time, and state their rating. **(2)**

(Total for Question 4 is 4 marks)

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5 Explain why a fitness test result, such as an Illinois agility time, should always be interpreted alongside knowledge of the specific demands of a performer's sport, rather than in isolation.

(Total for Question 5 is 3 marks)

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Mark scheme · 3.2 Components of Fitness: Agility, Power, Speed and Reaction Time Testing: 10-minute Pack

Question 1

A (Illinois agility test) **B1**

Answer: A (Illinois agility test)

Question 2

(a) the performer stands side-on to a wall and reaches up with one arm to mark their standing reach height, oe **B1**

(a) the performer then jumps as high as possible from a standing position and marks the highest point touched; the difference between the two heights is the score, oe **B1**

(a) Answer: The performer marks their standing reach height against a wall, then jumps as high as possible from standing and marks the highest point touched; the difference between the two marks is the score.

(b) 250 - 210, oe **M1**

(b) 40 cm **A1**

(b) Answer: 40 cm.

Question 3

wall toss test (alternate-hand wall toss test) **B1**

Answer: The wall toss test.

Question 4

(a) Excellent (15.8 seconds is below 16.0) **B1**

(a) Answer: Excellent.

(b) Excellent (52 cm is 50 cm or above) **B1**

(b) Answer: Excellent.

(c) Hana **B1**

(c) Excellent (8 cm is below 10 cm) **B1**

(c) Answer: Hana, whose ruler drop distance of 8 cm is rated Excellent.

Question 5

a fitness test score only shows how a performer compares against a general rating scale, not whether that level of the component actually matters for their specific sport, oe **B1**

a performer could have an 'excellent' rating for a component their sport barely uses (e.g. very high agility for a shot putter), which would not be a meaningful priority for their training, oe **B1**

so results are most useful when compared against the specific demands of the performer's role/sport, to identify components that are BOTH below the required standard AND relevant to performance, oe **B1**

Answer: A test score alone only shows how a performer compares to a general rating scale, not whether that component actually matters for their sport; a performer could be rated 'excellent' in a component their sport barely uses, which would not be a useful training priority. Results are most useful when compared against the specific demands of the performer's own sport, to find components that are both below standard and genuinely relevant.

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