Limitations of Fitness Testing Exam Questions

 **Gold**

**Q1.**    Identify the main reasons for conducting fitness tests and discuss the possible limitations of fitness testing.

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**(Total 6 marks)**

Limitations of Fitness Testing Exam Questions

**Silver**

**Q1.**    Identify the main reasons for conducting fitness tests and discuss the possible limitations of fitness testing. Try and think how fitness testing could help an athlete and a coach (3 points). Try to think why fitness tests may not be accurate (3 points).

Main Reasons:.........................................................................................................

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Limitations:..............................................................................................................

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**(Total 6 marks)**

**M1.**    **Main reasons:**

Identify strengths and / or weaknesses in a performance / success of a training programme

Show/ monitor improvement;  
Physiological potential / identifies (starting) level of fitness / some (maximal) tests increase fitness / aid training;

To inform training requirements  
Compared against norms of the group/ national averages  
Helps motivate performer / sets goals;  
Provides variety to training programme.

**Limitations:**

They are not sport specific / too general;  
They do not replicate movements of activity;  
Do not replicate competitive conditions required in sports;  
Many do not use direct measuring / sub-maximal – therefore inaccurate / some need motivation / some have questionable reliability;  
Tests used often / may lack validity / eg; Validity – test what they are supposed to test.