

Measurements for Fitness Tests

Test	Component of Fitness	Measured in..
Multi-Stage Fitness Test	Aerobic Endurance (VO2 Max)	ml/kg/min
One Minute Sit-up Test	Muscular Endurance	reps/min
One Minute Press-up Test	Muscular Endurance	reps/min
Forestry Step test	Aerobic Endurance (VO2 Max)	ml/kg/min
35 Metre Sprint Test	Speed	Seconds (s)
Illinois Agility Run	Agility and Speed	Seconds (s)
Skinfold Test	Body Composition	Body Fat %
BIA	Body Composition	Body Fat %
BMI	Body Composition	kg/m ²
Vertical Jump Test	Anaerobic Power	kgm/s
Sit and Reach Test	Flexibility	cm or inches
Grip Dynamometer	Strength	kgW

Sums to remember!!

220- AGE = Max Heart Rate

Power = Force (kg) x Distance (m) /Time (s or min)

Speed = Distance (m) / Time (s)

Aerobic Training Zone = 60 – 85% of Max Heart Rate

Rating of Perceived Exertion (RPE) x 10 = Heart Rate (BPM)