

Summer Tasks Cambridge Technical- Sport Studies (Diploma)

All of the work must be printed and ready for your first sports lesson.

Unit 13: Health and Fitness Testing for Sport and Exercise

Research the following components of fitness and then complete the tables below for each component:

- Cardiovascular Endurance
- Muscular Strength
- Flexibility
- Speed
- Muscular Endurance
- Agility
- Balance
- Reaction time
- Co-ordination
- Power

You need to come in September ready to deliver one of these tests.

Component of Fitness:
Suitable fitness test:
Explanation of fitness test and how to conduct the test:

Component of Fitness:

Suitable fitness test:

Explanation of fitness test and how to conduct the test:

Component of Fitness:

Suitable fitness test:

Explanation of fitness test and how to conduct the test:

Component of Fitness:

Suitable fitness test:

Explanation of fitness test and how to conduct the test:

Component of Fitness:

Suitable fitness test:

Explanation of fitness test and how to conduct the test:

Component of Fitness:

Suitable fitness test:

Explanation of fitness test and how to conduct the test:

Component of Fitness:

Suitable fitness test:

Explanation of fitness test and how to conduct the test:

Component of Fitness:

Suitable fitness test:

Explanation of fitness test and how to conduct the test:

Component of Fitness:

Suitable fitness test:

Explanation of fitness test and how to conduct the test:

Component of Fitness:

Suitable fitness test:

Explanation of fitness test and how to conduct the test: