

Module 4 – Physical Fitness Tests

In this lesson, you will be able to determine your current level of fitness. Through the different physical fitness tests, you will discover which fitness components your body is lacking in. Knowing about your weaknesses allows you to make your fitness program more effective by focusing on the areas, as well as what is.

At the end of this module, you will be able to:

1. describe the different types of tests for performance for each health-related fitness component;
2. determine which fitness component your body needs improvement on;
3. discover your current physical fitness level through specific fitness-related fitness tests;
4. determine which fitness component is your body's greatest weakness based on health-related fitness components available; the different activities that improve each fitness component;
5. perform the physical fitness tests effectively and accurately; properly interpret and explain test results;
6. recognize and understand the testing results and what to improve on;
7. compare current fitness level to personal health-related objectives of physical fitness assessment tests.

Within this module, you will be provided with activities that specifically target each health-related fitness component. These activities will allow you to see how you are doing on the health-related fitness components that you need to focus on.

Physical Fitness Tests



Figure 4.1 Fitness

Physical Fitness Tests are activities you can perform to determine your current level of fitness.

The different assessment techniques measure the different health and fitness-related fitness components that you possess.

Foundations Of Personal Fitness Chapter4 Tests Answers

Toivo Jurimae, Jaak Jurimae



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Personal Fitness Charles S. Williams,2004-04-28

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Medicine,2013-03-22 ACSM s Resources for the Personal Trainer provides a broad introduction to the field of personal training covering both basic science topics and practical application It was originally designed to help people prepare for the ACSM Personal Training Certification Exam It continues to serve that function but the market for it has expanded to practitioners in the field looking for an additional resource as well as in an academic setting where the book is a core text for personal training programs

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Petersen, 1996

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