

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 develop your fitness properly, not the right or wrong through the tests, as well as what is.

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

1. describe the different tests that can be performed to assess health-related fitness components.
2. determine which fitness components your body needs improvement on.
3. discover your current physical fitness level through specific fitness-related fitness tests.
4. determine which fitness components need improvement, the different fitness tests that can be used to assess fitness components, as well as the different activities that improve each fitness component.
5. perform the physical fitness tests commonly used to assess a person's fitness level and specific test details.
6. recognize and understand the testing results and what the improvement in a person's current fitness level is compared to health-related fitness and indicators 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 the different health-related fitness components all work together to form fitness.

Physical Fitness Tests



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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

JG Myers



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