

### 1.2.3: Why fitness testing is important

Correctly administered fitness tests allow comparisons with normative tables, past test results, and the results achieved by other athletes in a squad or club.

The fitness test results can be used as a basis for target or goal setting for the athlete, as the targets or goals for improvements in test results are more likely to be SMART if they are based on an initial test result.

Coaches can use test results to assist in team or individual selection for a sporting competition, match, or race. The coach will be able to make direct comparisons between athletes or players who play in the same position, based on valid and reliable test results.

Fitness tests can be used as part of an athlete's rehabilitation programme after they have suffered an injury, as the coach can then use the results to identify how close to being fully fit the athlete is by comparing the results to those attained when they were fully fit.

The tests provide important information for the coach which can be used to develop future training programmes.

# WHY FITNESS TESTING IS IMPORTANT

Fitness tests can be used as part of the selection process for certain jobs. For example, candidates for the Police, the Armed Forces and the Fire Service have to complete a number of fitness tests and reach pre-agreed levels to move on to the other elements of the selection process.

The tests can be used to identify the strengths and weaknesses of the athlete. The outcomes will enable the coach to focus the athlete's training programme on the weaker components of health and fitness.

The test itself can be used as a motivating factor for an athlete as the knowledge that testing is going to take place on a particular date is likely to focus the attention of the athlete on their training, so that they are in peak condition to complete the test to enable them to record the best possible result.

The tests can be used to produce baseline measures for the components of health and fitness at the start of a training programme. The athlete can then be retested once they have completed the training programme to determine whether improvements have taken place in the targeted components.

