



# Fitness Test Instructions

[www.avivahealth.ie/fitnesschallenge](http://www.avivahealth.ie/fitnesschallenge)

This test involves continuous running between two lines, 20 metres apart, in time to recorded bleeps. The running speed is increased at approximately 1-minute intervals. Participants should attempt to complete as many runs (shuttles) as possible while keeping in time with the bleeps.

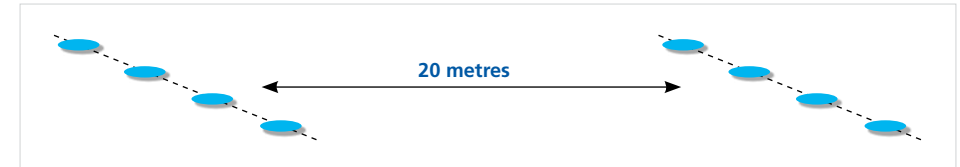


## Equipment

- A flat, non-slippery surface at least 20m in length (can be indoor or outdoor)
- Fitness test CD included in this pack
- CD Player and speakers
- Cones
- 20 metre measuring tape

## Protocol

- Mark out two lines 20 metres apart



- Ideally the class should split into two or more groups
- Participants should undertake a light warm-up with some stretching prior to the test
- Participants in the 1st group (e.g. Group A) should stand with their front foot on the first line and facing the second line
- A person in the second group (e.g. Group B) should be assigned to each participant in Group A to record each run (shuttle) completed. Please see the official Fitness Test Score Sheet enclosed that should be used to record each participants score.
- Play the fitness test CD
- The test starts with a 5-second countdown. After this, single bleeps are emitted at regular intervals
- Participants run continuously between the two lines, arriving at each line before or in time with each bleep
- The speed at the start is quite slow, to allow participants to become familiar with the test protocol
- After approximately one minute, a sound represents an increase to the next level, which indicates an increase in speed, and the bleeps will be closer together. The speed continues to increase for each subsequent level
- Participants must place one foot on the line (20m mark) at the end of each shuttle, before or in time with the bleep, in order to successfully complete the shuttle
- If the line is reached before the bleep sounds, the pupil must stop running and wait until the bleep sounds before they can continue with their next shuttle
- Participants must keep running for as long as possible until they can no longer keep up with the speed set by the bleeps
- A participant withdraws/is withdrawn if they fail to reach the line before the bleep for 2 consecutive shuttles
- The tester should record the final level and number of shuttles completed
- The second group should now undertake the test (as outlined above)



## Estimating $VO_2\text{max}$

The gold standard measure of aerobic fitness is  $VO_2\text{max}$  and is commonly measured in a sports performance laboratory. Estimates of  $VO_2\text{max}$  can be calculated using fitness test scores at <http://www.topendsports.com/testing/beepcalc.htm>

You do not need to insert an email address to get the result.

For more information, see [www.avivahealth.ie/fitnesschallenge](http://www.avivahealth.ie/fitnesschallenge)



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