

You have been asked to develop a training programme to improve the fitness and skills of a group of AS level Physical Education students.

Identify the main reasons for conducting fitness tests and discuss the possible limitations of fitness testing.

In addition, describe the factors that you would consider when deciding whether to use 'massed practice' or 'distributed practice' to develop skills.

**Main reasons:**

- A. *Identify strengths and/or weaknesses in a performance/success of a training programme/show improvement;*
- B. *Physiological potential/identifies (starting) level of fitness/some (maximal) tests increase fitness/aid training;*
- C. *Compared against norms of the group;*
- D. *Helps motivate performer/sets goals;*
- E. *Provides variety to training programme;*

**Limitations:**

- F. *They are not sport specific/too general;*
- G. *They do not replicate movements of activity;*
- H. *Do not replicate competitive conditions required in sports;*
- I. *Many do not use direct measuring/sub-maximal – therefore inaccurate/some need motivation/some have questionable reliability;*
- J. *Tests used often/may lack validity/eg;*
- K. *Validity – test what they are supposed to test;*

**Factors concerning performer that affect decision:**

- L. *Stage of learning – Massed for experienced or autonomous performer/distributed for novice or cognitive performer;*
- M. *Fitness – Massed for very fit performer/distributed for less fit;*
- N. *Motivation – Massed for highly motivated performer/distributed for less motivated*

**Factors concerning task that affect decision:**

- O. *Complexity – Massed for simple skills/distributed for complex/strenuous;*
- P. *Continuity – Massed for discrete skills/distributed for continuous skills;*
- Q. *Muscles used – Massed for fine skills/distributed for gross skills;*
- R. *Time available – Massed when time is limited/distributed when plenty of time available;*
- S. *Speed of action – Massed for quick/rapid skills/distributed for long-lasting skills;*
- T. *Safety – Massed when no danger/distributed when potential danger.*