

# BTEC SPORT FITNESS TESTS

I 5 S B M F R 1 I D U B U 3 P L L N C P D V U S  
 V B 1 Y P O K U A L T R A 5 1 3 G O U 1 X 1 N X  
 O A 3 L M R K H U O Y E 3 M S E H G X Y B C U G  
 U T 1 I U E B X C F A N O S F 3 P I X T F R R D  
 1 X E X J S B V H N R L 3 P H Y P K Y L H X Y N  
 M L 1 G L T 1 M J I C R X R V C 5 C B E N G T K  
 I B K 1 A R K G 5 K E B D I G J F B V K V D I K  
 N O 5 M C Y E D V S U D R N C R J O L D N O L S  
 S D J U I S I D M K L 5 R T Y B T 1 X I P H I J  
 I Y H L T T L M R C F X L 3 X N O O 5 U O T G N  
 T M X T R E H X 3 O A H R G V F H U X D S 5 A E  
 U A P I E P O F X L R K L K 5 X H J S F T P S H  
 P S F S V G T 5 G L N Y V Y O L H C U C U H I L  
 S S A T 1 X J I B O R K I B G A C R N S 5 R O S  
 G I I A G D Y D J P P D B S Y C A M S V S L N T  
 3 N 1 G I T T O E N U 1 R X I V E E D G B S I D  
 R D M E F L 1 3 T O N P I F H L R Y U C L C L A  
 E E U F 5 F V I D S K K U X L P D X 1 E J T L 3  
 3 X Y I X X 5 O 5 K P B K 5 N I N C 3 F J 1 I E  
 G B Y T V V C X S C S B R I F K A O S E H U P C  
 E M J N K G I D C A 1 3 M P F L T T 3 G B I X F  
 L I B E L E 5 A C J L 1 M L V S I D D K U 1 5 F  
 V J I S I G I C A 5 U I 3 X J F S R 1 S K Y H A  
 T J N S G B G R I P D Y N A M O M E T E R T X 5

Jackson-Pollock Skinfold

Body Mass Index (BMI)

Illinois Agility Run

Multi Stage Fitness

Grip Dynamometer

1 min Press up

Sit and Reach

Vertical Jump

Forestry Step

1 min Sit up

35m Sprint

BIA