

Name: _____ Date: _____

BTEC SPORT FITNESS TESTS

1. OCNKOPK-JLLSAOC SIDFNKOL TEST _____
2. BAI SETT _____
3. DOYB ASMS DNXEI B(I)M TTES _____
4. TSI NDA ECHAR ETST _____
5. CERTALVI JMUP TTSE _____
6. 1 MNI TIS PU TTSE _____
7. 1 MIN RESSP PU TETS _____
8. FERSTOYR ESPT TEST _____
9. ITLMU ETSGA STNIFES TSET _____
10. PRGI MNMOTRYAEED TSTE _____
11. 35M INSRTP ESTT _____
12. NOIILSI YAILITG RNU TSTE _____