

Name:

## The 1 minute sit-up test

The 1 minute sit-up test is a test that measures **muscular endurance**. You have to complete as many sit-ups as you can in 1 minute and record your score at the end.

1. What equipment is needed to complete the 1 minute sit-up test?



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2. Before the test, the person must warm-up. Give 3 reasons why they must warm-up before the test.

3.

2.

1.

3. Explain how to complete the 1 minute sit-up test. Use the images to help you.



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4. Sara took part in the 1 minute sit-up test and managed to do 30 sit-ups. Using the normative data table below, interpret the result of Sara's 1 minute sit-up test result.

Excellent	Good	Above Average	Average	Below Average	Poor
>35	27-35	21-26	11-20	6-10	<6

Sara's result: \_\_\_\_\_

Name: \_\_\_\_\_

## The 1 minute press-up test

The 1 minute press-up test is a test that measures **muscular endurance**. You have to complete as many press-ups as you can in 1 minute and record your score at the end.

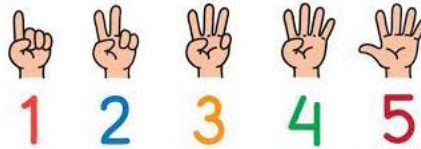
1. What equipment is needed to complete the 1 minute press-up test?



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2. Explain how to complete the 1 minute press-up test. Use the images to help you.



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3. Joe took part in the 1 minute press-up test and managed 42 press-ups. Using the normative data table below, interpret the result of Joe's 1 minute press-up test result.

Excellent	Good	Above Average	Average	Below Average	Poor
>35	27-35	21-26	11-20	6-10	<6

Joe's result: \_\_\_\_\_

4. The 1 minute sit-up test and 1 minute press-up test both measure a person's muscular endurance, which is the ability of the muscles to work over and over again without getting tired.

Explain why muscular endurance is needed for an athlete in a sport of your choice.

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