

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. Circle 2 pieces of equipment below that are needed to complete the 1 minute sit-up test?



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

1.

2.

3. Describe 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. List 2 pieces of equipment that are needed to complete the 1 minute press-up test?



- \_\_\_\_\_
- \_\_\_\_\_



2. Describe 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.



In football, players are required to pass, shoot, jump and run for 90 minutes.

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

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