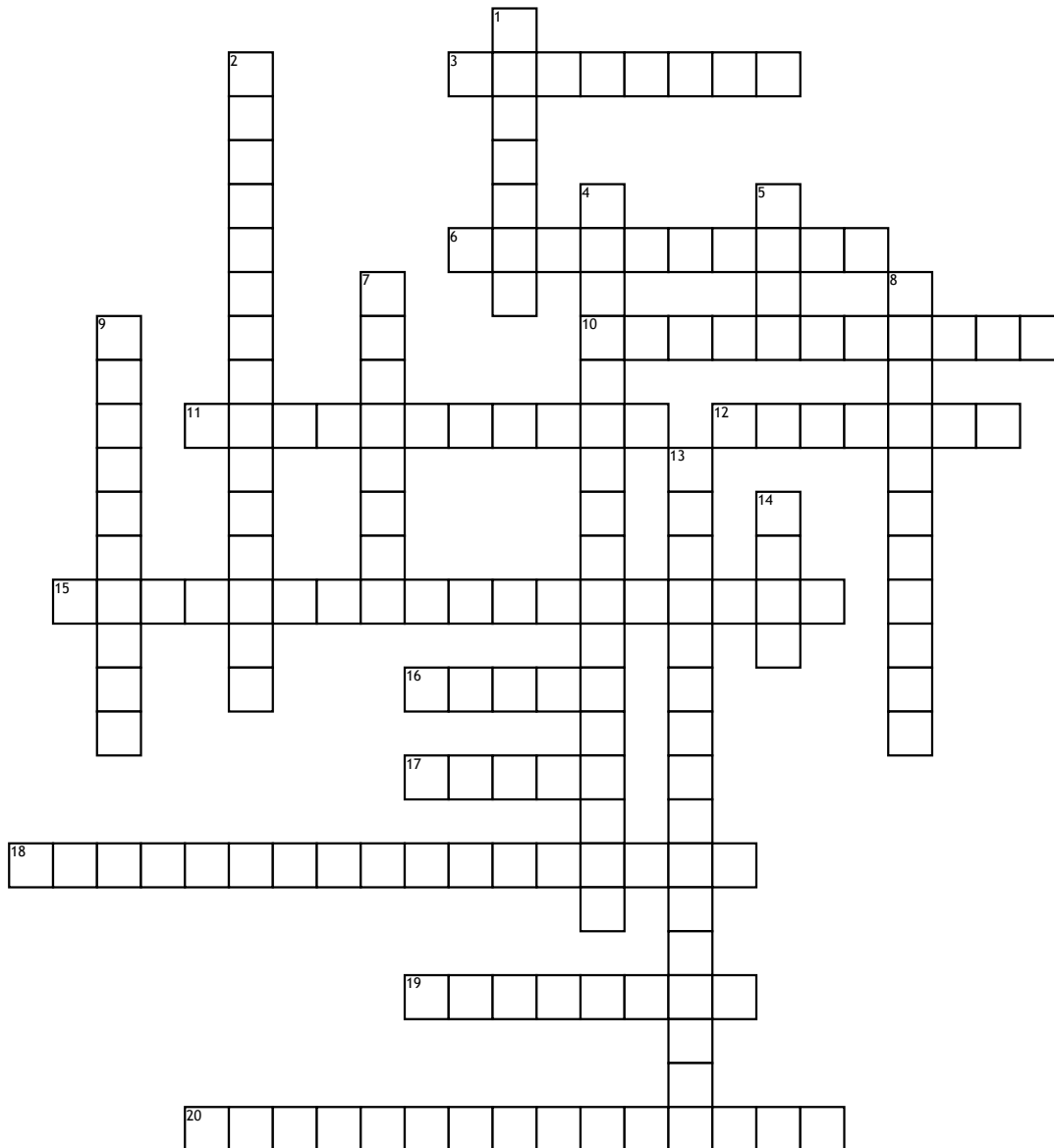


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# ruthers assessment of fitness



## Across

3. the degree to which a test measures what it purports to measure

6. test performed by a sports scientist or qualified person

10. instrument used to measure strength

11. refers to choosing a test that closely resembles activities undertaken by the performer

12. the ability to change body position quickly and accurately and to maintain balance while moving at speed

15. a variety of tests that are used to assess different components of fitness

16. tests performed in a school or a sporting organisation

17. face downwards(on your front)

18. a reason to assess fitness

19. test protocols are stringently followed and equipment maintained and regularly calibrated

20. agreement by performer to continue with testing after being made aware of the risks involved with the test

## Down

1. a test that is performed to exhaustion

2. the bony protusion felt on the top of the shoulders

4. tests acknowledged to be the best to directly measure a specific fitness component

5. tests can be criterion reference or \_\_\_\_\_.

7. tests can be direct or \_\_\_\_\_.

8. the ability of a test to produce consistent and repeatable results

9. tests can be maximal or \_\_\_\_\_.

13. the rules or procedures associated with fitness testing

14. physical activity readiness questionnaire