

# Unit 7 Fitness Testing For Sport Exercise

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**athlete testing guide sport integrity australia** May 23 2022 an athlete can be selected for testing anywhere any time and are subject to both random and targeted selection methods any attempt to evade notification may result in an anti doping rule violation and a ban from sport third party notifications we recommend that a third party for example a guardian or coach is also notified of

*norm values for vo2max topend sports* Feb 26 2020 fitness testing tests aerobic endurance maximum oxygen consumption norms vo 2max norms vo 2max is a measure of a person s aerobic fitness see more on measuring vo 2max the table below categorizes vo 2max scores for adult men and women of various ages these are relative vo 2max scores in the units of mls of oxygen per kilogram of body weight

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what is body composition testing body composition provides objective data that is unobtainable from scale weight alone such as the proportion of weight that is fat mass for example a coach may single out an individual as overweight based on scale weight or bmi energy availability in athletes journal of sport sciences vol 29

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