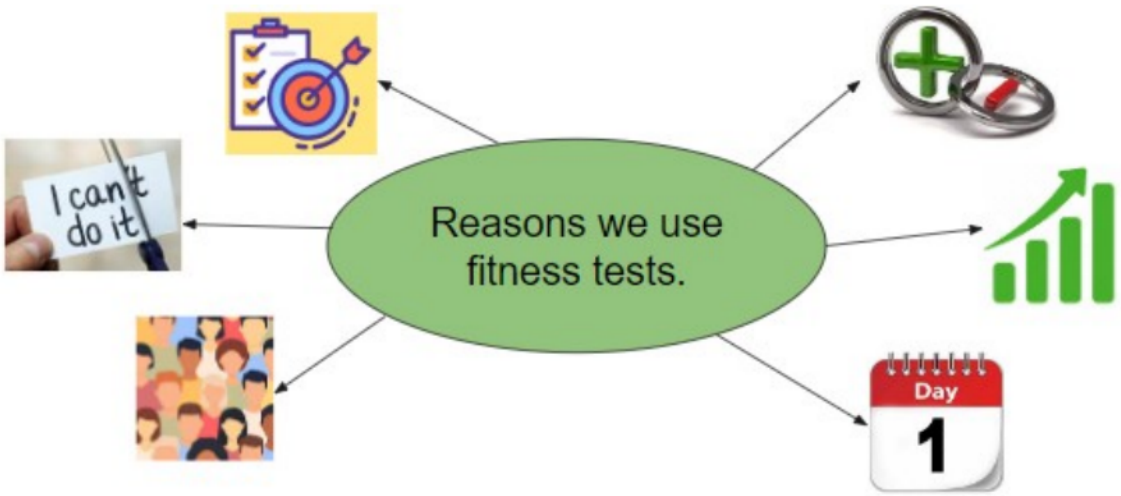
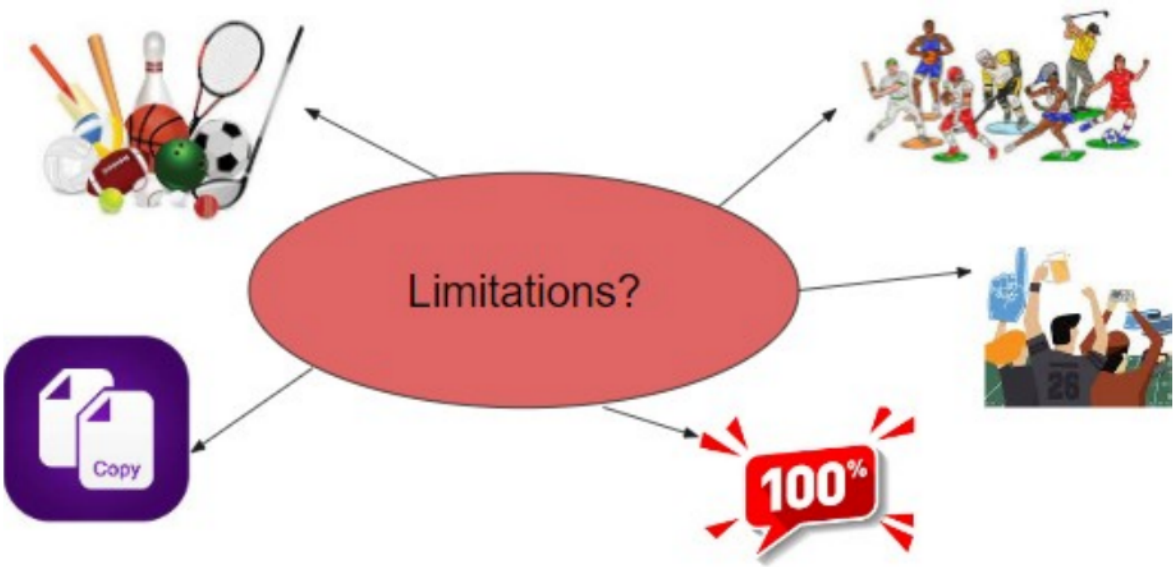
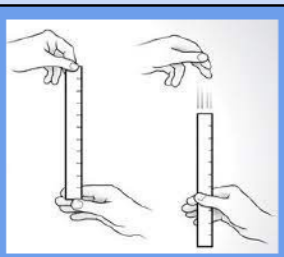
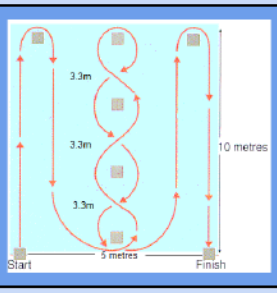
Task 1 - Identify the reasons why athletes use fitness testing (benefits).

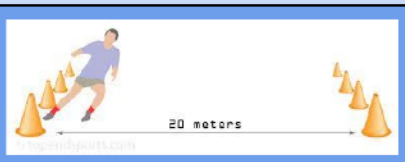


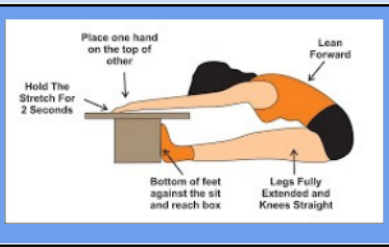
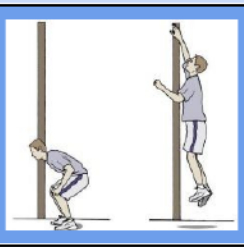
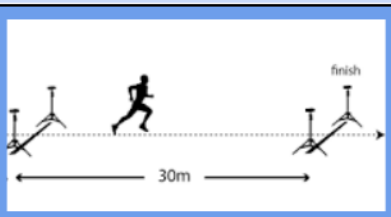
Task 2 - Identify the limitations of athletes using fitness testing (negatives).



Task 3 - Identify the test used to assess each component of fitness.

Test: *Ruler Drop Test*		
		
CoF: *Reaction Time*		

Task 4 - Describe the process for the following tests.

Illinois Agility Test	Standing Stork Test
1.	1.
2.	2.
3.	3.
4.	4.