

General and Sport Specific Fitness Testing Practices: Global Developments

Authors : Peter Smolianov, Jed Smith, Lisa Chen, Steven Dion, Christopher Schoen, Jaclyn Norberg

Abstract : This study compared general conditioning and sport specific fitness tests used in China, European Union (EU), Russia, and the United States. A constant content comparison method was used to identify the differences. Data from the study indicated that there were shared test components, including aerobic fitness, muscular strength, endurance, and flexibility. However, the testing components and items, as well as the cut-off values of the analyzed tests varied by country for the same gender and age. Culturally unique methods of testing and preparing for the tests were identified. Additionally, evidence revealed support for lifelong fitness and long-term sport participation through comprehensive fitness and wellness guidelines for different age groups and through new internet-based technologies.

Keywords : fitness testing, global trends, new developments, worldwide comparison

Conference Title : ICAES 2019 : International Conference on Aerobic Exercise and Strength

Conference Location : Jerusalem, Israel

Conference Dates : April 29-30, 2019