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Running the Schools' Fitness Challenge

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Running the Schools' Fitness Challenge

What the test measures

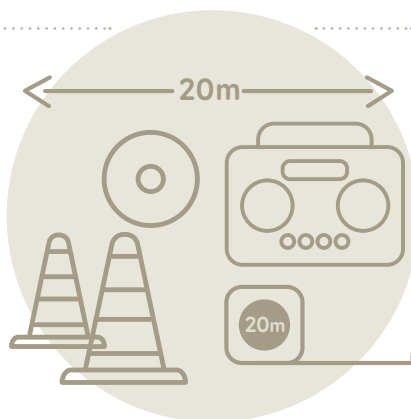
The Irish Life Health Schools' Fitness Challenge bleep test is a simple way to measure pupils' aerobic fitness. In basic terms, it measures how good a job a pupil's heart does at pumping oxygen and energy around their body.

How the test works

Pupils run continuously running between two lines, 20 metres apart, in time to recorded bleeps. Their running speed is increased at approximately one-minute intervals. The aim is complete as many runs (known as 'shuttles') as possible before or as each bleep is heard.

Essential equipment

- 1 A flat, non-slippery surface at least 20m in length (can be indoor or outdoor)
- 2 Fitness test CD included in this pack
- 3 CD Player and speakers
- 4 Cones (up to 10)
- 5 20 metre measuring tape



Rules

1 To complete the shuttle successfully, participants must place one foot on the line at the end of each shuttle, before or in time with the bleep.

2 If they reach the line before the bleep sounds, the participant must stop running and wait until the bleep sounds. They can then continue with their next shuttle.

3 Participants must keep running for as long as possible until they can't keep up with the speed of the bleeps.

How to run a fitness bleep test

Getting Ready

- 1 Mark out two lines facing each other, 20 metres apart.
- 2 Ideally, split the class into two or more groups.
- 3 Before they start the test, make sure everyone taking part does a light warm-up including some stretching
- 4 Ask participants in the first group (e.g. Group A) to stand with their front foot on the first line, facing the second line
- 5 A person in the second group (e.g. Group B) should be matched to each participant in Group A. They can then record their partner's score for each shuttle. These scores should be noted on the official Fitness Test Score Sheet that's enclosed.

All set? Let's Go...

- 1 Play the fitness test CD.
- 2 The test starts with a five-second countdown. After this, you'll hear single bleeps at regular intervals.
- 3 Participants keep running between the two lines and should arrive at each line before or in time with each bleep.
- 4 The speed at the start is quite slow so participants can get used to the test.
- 5 After approximately one minute, you'll hear a sound. This indicates an increase to the next Level - the bleeps will be closer together and participants need to run faster. The speed continues to increase for each subsequent level.

4 A participant withdraws - or you should withdraw them - if they fail to reach the line before the bleep for two consecutive shuttles

5 The tester should record the final Level and number of shuttles completed

6 The second group (who were previously recording scores) should now undertake the test and their partners in the first group should score them

Finished?

Now use the test scores to estimate aerobic fitness

Aerobic fitness measures how efficiently the heart supplies oxygen and energy to the body.

The gold standard measure of aerobic fitness is VO2max and it's commonly measured in a sports performance laboratory. You can use the Fitness Test scores you've collected to calculate VO2max at

www.topendsports.com/testing/beepcalc.htm

You don't need to insert an email address to get the result.

