Multistage fitness test

What does it measure?
Aerobic endurance

What do you need?
• A multistage fitness test CD
• A CD player
• Cones
• A 15–20-metre marked area

How do you do the test?
• The test involves continuous running between two lines, 15–20 metres apart, between recorded bleeps (played from the CD). The time between the bleeps decreases each minute or level. There are several versions of the test but one commonly used version has an initial running velocity of 8.5km per hour, which increases by 0.5km per hour each minute.
• You must always ensure that you have one foot on or beyond the 15–20-metre marker at the end of each shuttle run.
• If you reach the marker before the next bleep, you should wait there until you hear it before resuming running.
• If you do not manage to reach the end of the shuttle run before the bleep sounds then you are given two or three more attempts to catch up with the pace before being stopped.

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<th>Name</th>
<th>Highest level achieved</th>
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Comment on the reliability and validity of this test:

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