



Australian Open Starter Resource

Andy Murray, Emma Raducanu and Cameron Norrie are three of the British tennis players competing in the Australian Open.



Cameron Norrie



Emma Raducanu



Andy Murray

CV System

Tennis players will experience vascular shunting ('redistribution of blood flow') during a match.

- Which 'active areas' of the body will require increased blood flow?**
- Which 'inactive areas' will require decreased blood flow?**

Fitness Testing

A tennis player wants to test their fitness. A coach suggests using the Cooper Run test and the Handgrip Dynamometer test.

- Discuss the pros and cons of using these tests to assess fitness levels for the sport of tennis**
- Consider other tests that would be suitable for assessing fitness levels in tennis**