



# Fitness Tests Starter Resource

**Suggest which of the following fitness test(s) the following athletes could use to measure fitness?**



**Simone Biles**  
Gymnast



**Jude Bellingham**  
Footballer



**Sky Brown**  
Stakeboarder



**Shelly Ann Fraser Pryce**  
Sprinter



**Courtney Dauwalter**  
Ultra runner

- **Cooper Run Test**
- **30m Sprint Test**
- **Illinois Agility Test**
- **Y-Balance Test**
- **Vertical Jump Test**

**Which fitness test is most important to assess your fitness in your primary sport?**