



PHYSICAL ASSESSMENT

Aerobic fitness

20m shuttle-run

Equipment

- Flat non-slip surface, recommended minimum 30m long, width is determined by how many athletes are running at the same time. Use the same surface from test to test if possible.
- Shuttle-run CD.
- CD player.
- Marker or tape to clearly mark the turning points.
- Tape measure 20m or longer to determine the turning points.

Calibration / maintenance

Follow the calibration instructions prior to every test and modify the running distance according to the table provided.

Methodology

Follow the audio directions for the correct protocol.

Specific warm-up

Athlete should perform 5-10 shuttles of the first level in order to gain familiarity with procedure and timing of the CD.

Data collection

Record the shuttle and level achieved.

From the conversion sheet provided with the CD convert this into a prediction of (VO_2), in ml/kg/min.

Units	Accuracy	Range
Stage OR ml/kg/min	Not applicable	26.8-86.8 ml/kg/min

Special notes

Any athletes who have been identified as asthmatic should follow a consistent protocol of management in relation to medication prior to testing. In cases of pre-existing medical conditions, it is recommended that the athlete consult with their physician and develop a consistent protocol of management that should be followed consistently prior to both training and testing.