



## **Job Related Fitness Test**

### **ENDURANCE FITNESS**

In this element you will be asked to run to and fro along a 15 metre track in time with a series of bleeps. If you arrive at the end line before the bleep sounds you need to wait for the bleep before resuming running and adjust your speed. The timing between bleeps is slow at first but the bleep becomes faster as the test progresses and it becomes more difficult to keep up with the required speed. You will run until you can no longer keep up with the set pace. You will need to reach a minimum of four shuttles at level 5 to pass.

To improve your stamina you should take part in sporting activities which last 30 minutes or more and get you out of breath such as football, netball, squash. You can also make rapid improvements by engaging in activities which create a large aerobic demand such as jogging, cycling, swimming and rowing. Try jogging for 20 minutes or more and as you improve, try to increase the distance covered in that time. Alternatively jog a set distance from home and back again and try to reduce the time taken to cover the distance. You should exercise three times a week for 20 minutes but if you are not used to exercise you should start with gentle sessions lasting no more than 15 minutes.

### **WARMING UP AND COOLING DOWN**

Before any form of exercise it is important to warm the body up to prepare it for the exercise that will follow. This will decrease the risk of injury. The activities performed during warm up should be relatively slow and rhythmical, such as light jogging or cycling.

Along with the physical exercise that you perform, adequate recovery time is important. Cooling down after exercise will help you to recover and prevent muscle soreness. Your cool down should consist of a light exercise which gradually decreases in intensity, combined with some gentle stretches particularly for the muscles that have just been worked.