**Evaluation: Guided draft**

Table 1: The table below shows the scores received for each fitness test completed (see Appendix A).

|  |  |  |  |
| --- | --- | --- | --- |
| **Component of Fitness** | **Type of Test** | **Score** | **Comparison to normative data** |
| Cardiovascular endurance | Multi- stage fitness test |  | ‘’ |
| Muscular endurance |  |  |  |
| Speed |  |  |  |
| Strength |  |  |  |
| Power |  |  |  |
| Flexibility |  |  |  |
| Agility |  |  |  |
| Balance |  |  |  |
| Co- ordination |  |  |  |
| Reaction time |  |  |  |

Having completed a range of fitness tests (see Table 1) and comparing the result to published normative data (Brian Mac. 2018. https://www.brianmac.co.uk/. [ONLINE] Available at: https://www.brianmac.co.uk/. [Accessed 14 December 2018]), I am able to identify both my physical fitness strengths and weaknesses. My physical fitness strengths are…

However, my physical weaknesses are…

Overall my average physical fitness score was…

**Cardiovascular endurance**

The first component of fitness that I tested was…