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## Macquarie University Australian Football Club

### Fitness Testing

Fitness tests allow **you** as the athlete and **we** as the coaches to identify your physical strengths and weaknesses. They act as a benchmark upon which a suitable training program can be developed for you.

In fact without an initial assessment any subsequent training may only address already strong areas while neglecting your weak points.

There are several reasons why fitness tests should form an integral part of the overall conditioning plan:

### Benchmarking

A series of suitably selected tests builds a physical profile of you - the athlete. A benchmark can be set for each component of fitness. By comparing where you are now to norms and standards, any major areas of weakness can be identified.

We understand that you have neither the time nor resources to spend hours training everyday and especially during this Christmas period. Therefore it's crucial that your training focuses on the 20% that will make 80% of the difference. This is a far more efficient approach than determining all the demands within the sport and dividing training time equally amongst each.

### Goal Setting

Setting specific and measurable goals is a fundamental part of the modern-day athlete's approach to sport. It's not enough to say "I want to be fitter". It's not even enough to say "I want to be faster over 100 meters". A more appropriate target would be to "reduce my 100 meter sprint time by 0.5 seconds by the end of the pre-season". Of course you can only set realistic and attainable goals like these if you know where you are starting from.

### Feedback

Athletes at any level, who are serious enough to spend time training, want to spend that time as efficiently as possible. The only way to determine whether a training technique or program is achieving the desired results is to test regularly. Anything else is tantamount to 'shooting in the dark'.

### Motivation

Taking objective measurements before and after a period of training can show an athlete how far they have progressed. It's one thing to **feel** fitter or faster or stronger, but seeing definite results in black and white is usually more inspiring.

Whatever level of football you wish to play or perform to, do not overlook the importance and necessity of fitness testing. If you take the time to plan your training and then take one afternoon (or morning) to complete the below fitness tests - you will have your benchmark!

## MUAFC - Fitness Test

Please complete this fitness test twice over the Christmas period and record the results. Our suggestion is that you record your benchmark fitness in the week commencing 20/12/10 and then again record your gains at the end of the pre-season program in the week commencing 17/01/11.

### Measuring Chart:

We want to work closely with you to ensure you develop into the best football athlete you can be. The recorded results will allow us to track your performance gains throughout the season and assess your fitness when returning from injury. Please complete your results chart (below) and return by 23th January 2011 via email it to Luke Gemmill and Lindsay Bassani.

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**Note:** This fitness test is **compulsory** for all footballers wishing to play **first grade** and **reserve grade** football.

**W/C = Week Commencing**

Exercise	Pushups	Core Strength	Endurance	Flexibility
<b>Results (Week 1)</b>	No. Achieved	Stage Achieved	Time Achieved	Measurement Achieved
<b>W/C 20<sup>th</sup> Dec</b>	=	=	=	= cm
<b>Results (Week 5)</b>	No. Achieved	Stage Achieved	Time Achieved	Measurement Achieved
<b>W/C 17<sup>th</sup> Jan</b>	=	=	=	= cm

### Push Up Test

While performing pushups, you lift nearly 75% of your total body weight. Using a modified pushup position (knees) reduces this amount to about 60% of your total body weight. The modified push up position is recommended for women in the following test.

#### How to complete:

1. Perform a short warm up before performing any fitness testing.
2. Begin in a push up position on hands and toes with hands shoulder-width apart and elbows fully extended.
3. While keeping a straight line from the toes, to hips, and to the shoulders, lower your upper body so your elbows bend to 90 degrees.
4. Push back up to the start position.
5. That is one rep.
6. Continue with this form and complete as many repetitions as possible without breaking form.
7. Record the total number of full pushups completed.

#### How to measure results:

Men	Age: 20-29	Age: 30-39	Age: 40-49	Age: 50-59	Age: 60+
Excellent	54 or more	44 or more	39 or more	34 or more	29 or more
Good	45-54	35-44	30-39	25-34	20-29
Average	35-44	24-34	20-29	15-24	10-19
Poor	20-34	15-24	12-19	8-14	5-9
Very Poor	20 or fewer	15 or fewer	12 or fewer	8 or fewer	5 or fewer
Women	Age: 20-29	Age: 30-39	Age: 40-49	Age: 50-59	Age: 60+
Excellent	48 or	39 or	34 or	29 or	19 or

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	more	more	more	more	more
Good	34-48	25-39	20-34	15-29	5-19
Average	17-33	12-24	8-19	6-14	3-4
Poor	6-16	4-11	3-7	2-5	1-2
Very Poor	6 or fewer	4 or fewer	3 or fewer	2 or fewer	1 or fewer

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### **Core Muscle Strength & Stability Test**

To prepare for the assessment you will need:

- Flat surface
- Watch or clock with second counter

#### **How to complete:**

1. Position the watch or clock where you can easily see it
2. Start in the Plank Exercise Position (elbows on the ground)  
Hold for 60 seconds (stage one)
3. Lift your right arm off the ground  
Hold for 15 seconds (stage two)
4. Return your right arm to the ground and lift the left arm off the ground  
Hold for 15 seconds (stage three)
5. Return your left arm to the ground and lift the right leg off the ground  
Hold for 15 seconds (stage four)
6. Return your right leg to the ground and lift the left leg off the ground  
Hold for 15 seconds (stage five)
7. Lift your left leg and right arm off the ground  
Hold for 15 seconds (stage six)
8. Return your left leg and right arm to the ground
9. Lift your right leg and left arm off the ground  
Hold for 15 seconds
10. Return to the Plank Exercise Position (elbows on the ground)  
Hold this position for 30 seconds

#### **How to measure results:**

- **Good Core Strength**  
If you can complete the test fully, you have good core strength.
- **Poor Core Strength**  
If you cannot complete the test fully, your core strength needs improvement. Poor core strength results in unnecessary torso movement and swaying during all other athletic movements. This results in wasted energy and poor biomechanics. Good core strength indicates that the athlete can move with high efficiency.
  - If you are unable to complete the test practice the routine three or four times each week until you improve.
  - By comparing your results over time, you will note improvements or declines in core strength.

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### **Sports Endurance Test**

The shuttle run is often used to measure the kind of endurance you need for stop-and-go sports such as AFL. While it is a great way to track your progress, why stop there? Add shuttle runs into your training routine once a week and get a major interval training workout. Most of us did shuttle runs in grade school or high school. This drill is no different.

#### **How to complete:**

1. Set up markers (such as cones) 25 yards apart.
2. Make sure you are warmed up, or add this drill to the end of an easy jog.
3. Sprint from one marker to the other and back. That's one repetition.
4. Do 6 repetitions as fast as you can (that's 300 yards).
5. Time your result for the entire 6 repetitions.

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6. Rest 5 minutes.
7. Repeat the drill.
8. Add the times for each run together and divide by two to find the average time. [
9. Record this time.
10. You can use this test monthly to track your progress over time.

**How to measure results:**

To give you an idea of what your results means, the top men score 52 seconds, and women score 58 seconds. Our maximum acceptable time is 65 seconds for men and 79 seconds for women.

**Improve Your Cardio Fitness:**

The shuttle run is an easy way to add some high intensity drills into a basic exercise program while you build speed, stamina and endurance.

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**Flexibility Sit and Reach Test****How to complete:**

1. You'll need a special sit and reach testing box.
2. You can also make your own testing box by finding a solid box about 30-cm tall. Fix a meter stick on top of the box so that 26 cm of the ruler extend over the front edge of the box toward the test subject. The 26-cm mark should be at the edge of the box.
3. Remove your shoes and sit on the floor with your legs stretched out in front of you with knees straight and feet flat against the front end of the test box.
4. In a slow, steady movement, lean forward at the hips, keep your knees straight and slide your hand up the ruler as far as you can go.
5. Extend as far as you can, record the result in cm, rest and repeat three times.
6. Average your results for your final score.

**How to measure results:**

Adequate flexibility concerned being able to reach your toes when while keeping your legs straight. If you can't reach your toes (the 26-cm mark on the ruler), your flexibility is less than recommended.

**Adult Men - results in centimeters (cm)**

- Above 34 = Excellent
- 28 to 34 = Above average
- 23 to 27 = Average
- 16 to 22 = Below average
- Below 16 = Poor

**Adult Women - results in centimeters (cm)**

- Above 37 = Excellent
- 33 to 36 = Above average
- 29 to 32 = Average
- 23 to 28 = Below average
- Below 23 = Poor

**Improve Your Flexibility:**

If you have less than adequate flexibility, you can increase your flexibility by stretching the major muscle groups about three times a week.