

15 meter Shuttle Run Test (Multistage Fitness, Beep, Bleep)

Guidance for candidates

Some thoughts

It is helpful when you see fitness testing as a positive. Along with regular moderate exercise, that can have benefits to you and your family! Physical activity can help reduce blood pressure, cholesterol, helps to control body weight, help reduce your risk of coronary heart disease, helps reduce risks of type 2 diabetes and some cancers.

Regular exercise helps you feel more relaxed, increases energy levels, improves concentration, helps you sleep more easily and improve your mental health – helping you look and feel great.

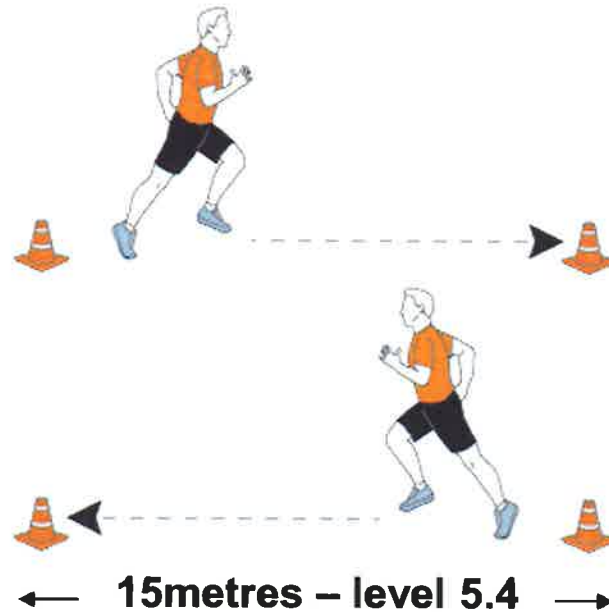
Introduction

This booklet has been produced to help you reach the level of fitness required to pass the mandatory basic fitness test. It sets out a basic exercise programme that will assist you in training to pass the fitness test. None of the actions set out in this booklet are mandatory, but by following them you will greatly increase your chances of passing the test.

You are advised to consult with your doctor before beginning any exercise programme.

Quick Summary

The test involves running back and forth between two set points (usually 15m) in time with the 'bleeps' played on a CD. The 'bleeps' get quicker and the level the participant has reached are announced. This bleep test has been digitally created using computerised timings so that the test starts at 8.5km/ph and increases at 0.5Km/ph each level.



Top tips

Keep these in mind when planning your training programme.

- The bleep test takes less than 10 minutes to complete. Your training should be based around maintaining a high intensity of exercise for a short period of time, not a low intensity of exercise for a long period of time. A short run will be better training than a long walk.
- Begin training as soon as possible. Fitness doesn't improve overnight, but a little effort over an extended period of time can have big dividends.
- Be positive. You do not need to be an athlete to pass the test.

Exercise safely

You should always warm up and stretch before exercising and cool down and stretch when you have finished. This improves your performance, flexibility and helps you to avoid injury.

Remember

Warm up

- Begin with 2-3 minutes of brisk walking or light jogging, then increase the pace slightly for another 2-3 minutes
- Then loosen all your major joints for 2-3 minutes, including shoulders, hips, knees and ankles
- Finish with a series of stretches (see right). Stretch gently and slowly, and hold the position for 15-20 seconds

Cool down

- Begin with some light jogging, slowly reducing the pace over 2-3 minutes
- Finish with some light stretches (see right), holding the position for about 10 seconds

Remember

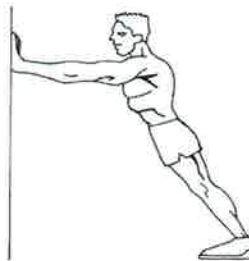
- Don't bounce while stretching
- Don't ask someone else to push your stretch further
- Don't hold your breath while stretching

Recommended Stretch Routine

Calf muscles:

The basic calf stretch is ideal for loosening up the lower legs ready for a run or walk.

Stand about one or two feet away from a solid wall and ease into the position shown. Once in a comfortable position the leg can be placed back. Try to keep the feet pointing straight ahead in line with the lower leg and not with your toes pointing outwards.



Thigh Muscles: A popular stretch for the muscles of the upper legs, and also to help loosen the knee joint. Using a wall for stability, reach and grab your foot firmly. Stand straight with the thighs pointing down to the floor, and gently push the foot further towards the lower back until you feel the slight stretch in the quadriceps or thigh muscles of the upper right leg.

Hamstring: Lying down, lift your leg so that it is almost perpendicular to the floor. Try to slowly lock the knee joint at this point, holding it in position with your arms. Alternatively, you can stretch these muscles by touching your toes.



Groin: With your knees pointing outwards put the soles of your feet together and hold onto your toes. Rest your elbows around the shin area in line with the lower legs and make sure you feel stable. Gently pull yourself forward, bending from the hips until you feel a little stretch in the groin area.