

**Life Orientation: Important information re sports science testing**

Dear Parents

In an attempt to monitor the growth and development of pupils at the College, the Life Orientation department utilizes a high-performance fitness test battery that has been designed in consultation with medical experts. The aim of the tests will be to investigate changes in body size and physical performance for all pupils aged 13 to 18 years. The tests are free of charge, easy to administer, safe and time-efficient.

Testing will be administered during Life Orientation’s sports science conditioning classes for grades 8 and 9. Fitness testing in children can serve several purposes, including identifying those in need of improvement and individual exercise prescription; self-monitoring and testing skills; cognitive and affective learning as testing and results will be incorporated into the school curriculum. Having access to this data will allow pupils to monitor their physical development through adolescence into young adulthood. All parents will have access to information about how their son did in the tests and how he compares to the grade average via his LO sports science portfolio. The data captured will be stored in a database and all changes monitored for your son’s period at the College. Your son’s details and scores will be managed with confidentiality. Tests will assess the physical fitness components of cardiovascular fitness, upper and lower body strength and power, and flexibility. Biometrics will be determined by measuring height, sitting height, weight, and waist circumference.

There is little risk of injury, as anyone who is involved in any level of sport will be able to complete the tests. In the unlikely event that your son be injured in any testing, a physiotherapist will assess the injury and refer him to the school doctor if necessary. If necessary, any soft tissue injury management as a result of the testing will be managed free of charge.

If there is a pre-existing injury that prevents him from participating in the testing, he will not be tested, but participate in the recording of the tests. PLEASE NOTE: A medical certificate or sick note from a health professional will be a prerequisite if your son can’t do the test battery in the times or classes designated due to sickness or injury.

We require your consent, as your son is younger than 18 years of age. Please sign the form below stating that you give your consent.

**Consent for L.O. fitness testing of grade 8 and 9 pupils:**

Name of pupil: .....Date: .....

I \_\_\_\_\_ have read the information sheet. I understand what is required of my son and why the testing is an important part of the Life Orientation curriculum. I give my permission for him to participate in the testing.

Signed: \_\_\_\_\_

Please print, sign and return this form and email directly to [bmorris@bishops.org.za](mailto:bmorris@bishops.org.za) or hand in to College Reception in hard copy.