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Testing Extra. There are over 300 fitness tests, so it's not easy to choose the best one. You should consider the validity, reliability, costs and ease of use of each test. Use our guide to conducting, recording, and interpreting fitness tests. Any questions, please ask or search for your answer. To keep up with the latest in sport science and this website, subscribe to our newsletter. Testing Extra. There are over 300 fitness tests, so it's not easy to choose the best one. You should consider the validity, reliability, costs and ease of use of each test. Use our guide to conducting, recording, and interpreting fitness tests. Any questions, please ask or search for your answer. To keep up with the latest in sport science and this website, subscribe to our newsletter. Exam Dates. October 1 - 12, 2018 (applications due August 30) February 25 - March 8, 2019 (applications due February 1) June 3 - 6, 2019 (applications due April 26) Photo: A teacher and child look at a guidewire, carabiner, and loop rope, which allow the child to walk, run, hop, or skip independently. Children who have visual impairments achieve motor milestones and walk independently at a significantly older age than their peers with sight (Heydt, Allon, Edwards, Clarke, & Cushman, 2004).