



Syllabus

Term: 2025/26/1

Subject name: Performance Testing

Subject code: ENAEDZN1801

Unit (Unit code) (TESTNEV)

Lecturer responsible for the course: MURLASITS Zsolt Tamás

Requirement: Term mark

Classes per week :

Classes per term:

Purpose of education:

The aim of the course is to provide the students with comprehensive and systematic knowledge of motor skills, their age characteristics and different methods.

Contents:

Week 1

Definition and terminology, categorisation of motor function.

Week 2

Measurement of aerobic and anaerobic capacity. Assessment of cardiovascular fitness

Week 3

Neuromuscular assessment.

Week 4

Field tests in measuring strength. Determination of 1RM and 10RM.

Week 5

Measurement of power.

Week 6

Biomechanical laboratory tests.

Week 7

Measurement of agility. Field tests to determine running speed and acyclic speed.

Week 8

Measurement and tools for joint range of motion.

Week 9

Measurement of fitness in an elderly population.

Week 10

Body composition measurements.

Week 11

Student presentations

Week 12

Written exam

Week 13

Molecular and cellular investigations of factors affecting physical performance.



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System of examing and valuation:

The semester ends with a practical grade. A signature and a practical grade can be given if the student has fulfilled the attendance obligation according to the University regulations.

Elements of the written test and assessment:

Student presentation:

Students will design a complete testing battery for a specific individual/athlete. The selection of the individual and his/her sport discipline should be approved by the course instructors prior to starting the assignment.

Grading:

0-50% = fail

51-65% = satisfactory

66-75% = average

76-85% = good

86-100% = excellent

The final grade will be calculated as an average of all exams and assignments. Students have to pass every exam and assignment in order to receive a satisfactory grade.

Written exam topics:

Motor skills

Conditions for measuring motor skills, validity, reliability, safety conditions

Field tests, laboratory tests (basic concepts, theory)

Measurement of endurance, except calculations and formulas (basic concepts complete spiroergometric exercise, testing vo2max)

20 m shuttle run

1 mile VO2max test

Force measurement max strength (explosive and reactive strength, contraction types; sj, cmj, dj tests with contact mat and force plat)

Dynamometric tests

Agility measurement (you do not need to know the specific exercises by name, only the logic and background of measuring speed)

Measurement of joint range of motion (types, influencing factors)



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Bibliography:

Cooper C.B, Storer T.W. Exercise testing and interpretation. A practical approach. Cambridge University, Press, Cambridge, 2004

Bibliography:

Katch V.L., McArdle W.D., Katch F.I. Essentials of exercise physiology. Lippincott Williams & Wilkins, a Wolters Kluwer business, Philadelphia, USA, 2011