Special Issue

Validity and Reliability of Physical Fitness Testing

Message from the Guest Editor

Some parameters of physical fitness have been associated with health. Higher levels of maximal oxygen consumption, for example, which is an indicator of cardiorespiratory fitness, describe a better health status, while higher muscle strength (1RM) has also been associated with healthier status. However, in some populations, measuring VO2max or 1RM can be compromised, so it is important to determine the validity and reliability of alternative physical fitness tests in chronic disease or special populations. Therefore, the purpose of this Special Issue is to present reliable and valid physical tests that can be used to evaluate physical fitness in different populations. Dr. José Carmelo Adsuar

Guest Editor

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