a) 26. Shell wistuction - Video analysis and startion to the specific tests - Validity and Robinship Like Sports specifics tests are designed to moscimise the potential of the athlete and measure the tevel of foluess or conditioning an athlete has or is at in preparation for a major compelition In order for the test to be appropriate it has to be a valid and vet ralche test. Validicity refers to how close the results are to the success of the improvement and helicibility reforms to how arrands the fest has been done and how many times it has turned out sandar results. The coach could evaluate the fost in mony ways. Video analysis - if the athlete is a swimer for excumple then the noteo is also to pick up any somes the person does the skill wrong and able to form a new dynambion or perspective as from under the maderatore The egach cantine Herother is event recovoling - the coach has a diecklist and excitches for specific since the swiner makes The write or wrong moves and writes done

