

### Discussion and conclusion

After the test and the experiment finished the conclusion that was found is that the elites no matter where they are located or from what sport they come from they do tend to perform a lot better and college or school students and these athletes are more dedicated to the fitness industry and staying healthy where as athletes from college play sports but don't go in to much depth of competitiveness. The aim of this research was to find out weather the elite athletes and the college students results had a significant difference between them of which through the research it was found that they do have a major significance between each other as shown on table 2 on page 12 and the appendices. The comparison between the results and other types of data as shown in the literature review is that there are a different number of athletes being the elites where the same data can be found within the disability sporting environment showing that these types of athletes are still able to make a better result than college athletes allowing for the community to realise that there is a good chance of getting involved and playing spot at a professional level despite the physical ability. But the major difference between this researching the previous ones is that this is aimed at students and other athletes in their younger ages because this is known to be at the time where the athletes start their sporting career properly and by giving them different results showing each athlete where they would have to be to become an elite or increase their fitness this research demonstrates these results to compare and use as normative data whereas the other show the importance of the test and how it can be applied to different athletes. In this case the experiment being focused on athletes of a younger age the experiment can also be aimed at everyone in the sporting environment as the data for the elite athletes can still be used to be compared between any sort of athletes weather they are at the beginner stage or they are at an advanced level and trying to make it to a professional setting. Finally for the future recommendations there were many strengths of the test when finding the right athletes and using the correct methods of analysing and collecting the data therefor this is a test that had a very high standard of validity and reliability but some areas that could be improved through the test can be the ones such as finding the best facilities and the times of the day when athletes are available to perform the test. This means that some of the elites who train daily and more than once in a day can have a shortage of time yet also may not want to perform such maximal exercise therefor this is something to look out for in the future when using many different athletes of such high level of competition. This research concludes that despite the level where athletes compete at there is always a significant difference between the most elitist and the other athletes as their commitment to train and stay fit is higher than other athletes yet this is a good way to get all of the schools and colleges involved to find the next big sporting athletes out there.

**References section**

1. Cooper S-M and others, 'The repeatability and criterion related validity of the 20 m multistage fitness test as a predictor of maximal oxygen uptake in active young men' (2005) 39(4) British Journal of Sports Medicine <<http://bjsm.bmj.com/content/39/4/e19.full>> accessed 15 May 2016 19
2. Goosey-Tolfrey VL and Tolfrey K, 'The multi-stage fitness test as a predictor of endurance fitness in wheelchair athletes' (2008) 26(5) Journal of Sports Sciences 511–517
3. Léger LA and others, 'The multistage 20 metre shuttle run test for aerobic fitness' (1988) 6(2) Journal of Sports Sciences 93–101

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Hazard/Risk Identification	Injuries associated with risk/hazard	Severity of the injury on a scale of 1 to 5	Likelihood of injury occurring on a scale of 1 to 5	What you can do to stop the injury from occurring
Lighting and visibility	This can cause athletes to run in to each other of which the clashing can cause all sorts of injuries in the muscles to even the bone of the athletes	4	2	The lighting and the visibility must be in top conditions as the athletes can run in to each other as they are running up and down parallel and to each other and it is very easy to get in to the wrong lane and crash with each other
Floor conditions	the injuries that can come up from this hazard are various as the floor can be cracked or unstable causing athletes to fall and attain severe injuries as these athletes may collide with the hard surface creating a direct impact upon the body which can result in an injury	2	4	To avoid these injuries it is important to check the floor conditions and make sure that there are no issues with the surface and no obstructions on the floor. These include hazards such as water or broken tiles on the floor.

Table 2 MSFT DATA

Elite Data		College Data	
Subjects	VO2 max	Subjects	VO2 max
1	81.8	1	47.4
2	85.2	2	47.4
3	75.8	3	33.6
4	73.4	4	34.6
5	77.9	5	34.3
6	84.8	6	46.8
7	86.1	7	37.1
8	83.8	8	40.5
9	83.2	9	44.5
10	78.8	10	36.3
<b>MEAN</b>	<b>81.08</b>	<b>MEAN</b>	<b>40.25</b>
<b>SD</b>	<b>4.13032686357871</b>	<b>SD</b>	<b>5.48037407482372</b>
<b>P Value</b>	<b>0.00000000000034000050484629</b>	<b>P Value</b>	