10m multi-stage shuttle swim test for water polo players

The 10m multistage shuttle swim test (MSST) is a valid and reliable test of aerobic fitness for competitive water polo players. The test has been designed and produced by the Western Australian Institute of Sport and the University of Western Australia (Department of Human Movement and Exercise Science) – leading institutions in the areas of developmental research and sport science servicing to elite sporting individuals and teams (including the Hockeyroos, three times Olympic Gold medallists).

The MSST is the first test researched, designed and produced specifically for water polo players. It allows a whole team to have their aerobic fitness effectively assessed using minimal time and pool space. The test is suitable for all players (male and female) ranging from school/club standard through to international level. Three members of the Australian women’s Olympic gold medal winning team (Sydney, 2000) were involved in the development of the test.

For published research relating to the test please refer to:

To order a copy of the MSST CD please complete the order form and send with payment to:

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Australia

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