

# Physical Fitness Testing

Eve

meters apart. The 15 m test distance is recommended for the 2nd and 3rd grade or when there are space limitations. The test involves continuous running between the two lines in time to recorded beeps. The time between recorded beeps decrease each minute (level) requiring an increase in pace. The subjects continue until they are unable to keep pace with the beeps. There are a total of 21 levels, which would take approximately 21 minutes to complete.

Scoring: The score is the level and number of shuttles reached before the athlete was unable to keep up with the recording for two ends.

## **Push-Up (Muscular Strength & Endurance)**

The push up test measures upper body strength and endurance. In this test, the maximum number of push up performed at a rate of one every three seconds is recorded.

Equipment required: floor mat, PACER cd with push-up cadence track

Procedure: Start in the push up position - with the hands and toes touching the floor, the body and legs are in a straight line, feet slightly apart, the arms at shoulder width apart, extended and at a right angle to the body. Keeping the back and knees straight, the subject lowers the body until there is a 90-degree angle at the elbows, with the upper arms parallel to the floor. A partner holds their hand at the point of the 90-degree angle so that the subject being tested goes down only until their shoulder touches the partner's hand, then back up. The push-ups are done in time to a metronome or similar device with one complete push-up every three seconds (1.5 seconds down and 1.5 seconds up, 20 complete push-ups per minute). The subject continues until they make two form breaks.

Scoring: Record the number of correctly completed push-ups that were performed in time to the rhythm.

## **Curl-Up (Muscular Strength & Endurance)**

Good strength and endurance of the abdominal muscles are important in promoting correct posture and pelvic alignment. The curl-up abdominal fitness test requires the subjects to perform as many curl-ups as possible following a set cadence.

Purpose: The curl-up test measures abdominal strength and endurance, which is important in back support and core stability.

Equipment required: a flat, clean, cushioned surface, PACER cd with curl-up cadence

track, 4.5" Curl-Up Measuring Strip. If the manufactured measuring strips are not available, you can mark the floor with some tape, or use a piece of cardboard cut to the right dimensions.

Procedure: The student begins by lying on their back, knees bent at approximately 140 degrees, feet flat on the floor, legs slightly apart, arms straight and parallel to the trunk with palms of hands resting on the mat. The fingers are stretched out and the head is in contact with the mat. The measuring strip is placed on the mat under the students legs so that their fingertips are just resting on the nearest edge of the measuring strip.. Keeping heels in contact with the mat, the student curls up slowly, sliding their fingers across the measuring strip until the fingertips reach the other side, then curls back down until their head touches the mat. Movement should be smooth and at the cadence of 20 curl-ups per minute (1 curl-up every 3 seconds).

Scoring: Record the total number of curl ups, up to a maximum of 79. The test is continued until exhaustion (e.g. the subject cannot maintain the set rhythm), or until they complete 79 curl-ups. The test is also stopped if the student has two form breaks - if the heels come off the floor, the head does not return to the mat, or the fingertip do not reach the far side of the measuring strip.

## **Backsaver Sit & Reach (Flexibility)**

This variation of the traditional sit and reach test is designed to measure the flexibility of the left and right legs separately.

Equipment required: sit and reach box

Procedure: Shoes should be removed first. Sit on the floor with both legs out straight. The outstretched foot is placed flush against the measurement box, making sure that the hips are square with the box. Keep one leg in place and the move the other leg to bend the knee and its foot flat on the floor. With hands placed on top of each other and palms facing down, the subject reaches slowly forward along the measuring line as far as possible. After three practice reaches, the fourth reach is held for at least one second while the distance is recorded. The subject may repeat the test three times and the best score taken.

Scoring: The score is recorded to the nearest half inch as the distance reached by the tip of the fingers.

## **Body Mass Index (Body Composition)**

