

Push-Up (Muscular Strength)

Starting Position

- The student assumes the prone position (face down).
- Hands are placed slightly wider than shoulder width with fingers stretched out.
- Legs are straight and parallel.
- Feet cannot be resting against an object.
- The back is straight.
- The head is positioned so the student is looking slightly in front of his or her hands.
- Push-ups are continuous, with the muscles in a constant state of contraction and no resting.
- Emphasis is placed on the arm and shoulder muscles remaining engaged throughout the assessment.

Scoring

Record the total number of correctly performed push-ups. One complete push-up begins and ends in the up, or straight-arm, position.

Incorrect push-up performance, referred to as a form correction, includes:

- Arching or sagging of the back;
- Not achieving the right angle at the elbow during the down phase;
- Not achieving the straight arm position during the up phase;
- Knees touching the floor; or
- Being off cadence.

Curl-Up (Muscular Endurance)

Starting Position

- Measuring abdominal strength and endurance, students lie down in a supine position with knees bent and feet unanchored flat on the floor. The knees and feet should be slightly apart and arms straight and parallel to the trunk with palms of hands resting on the mat.
- The student assumes the starting position.
- Keeping heels in contact with the mat, the student is to curl up slowly, sliding fingers until they touch both of the student's heels.
- Then the student uncurls until the head touches the mat.
- Movement should be slow and gauged to the audible cadence of 20 curl-ups per minute, or one curl-up every three seconds.

Scoring

The score is the total number of correctly performed curl-ups within the time limit. A curl-up is complete each time the student's head returns to the mat.

Incorrect push-up performance, referred to as a form correction, includes:

- Heels must remain in contact with the mat.
- Head must return to the mat on each repetition.
- Pauses and rest periods are not allowed. The movement should be continuous and with the cadence.
- Fingertips must touch both sides of the measuring strip for a completed repetition.
- The test is terminated when the student has performed any two corrections.

Back-Saver Sit-And-Reach (Flexibility)

Starting Position

- The student sits facing the box without shoes. The foot line is at 9 inches, with the zero end of the measuring device closest to the student.
- One leg is extended, with the foot placed flat against the end of the box.

- The other knee is bent, with the sole of the foot flat on the floor. The instep is positioned in line with, and 2 to 3 inches to the side of, the straight knee. The knee of the extended leg should remain straight and the hips must remain square to the box.
- The arms are extended forward over the measuring scale with hands placed one on top of the other.
- With palms down, the student reaches directly forward (keeping back straight and head up) with both hands along the scale four times and holds the position of the fourth reach for at least one second.
- After one side has been measured, the student switches the position of the legs and reaches again.
- The student may allow the bent knee to move to the side as the body moves forward if necessary, but the sole of the foot must remain on the floor.

Scoring

Record the number of inches on each side to the nearest half-inch reached, to a maximum of 12 inches. To achieve the Health Fitness Zone, the student must meet the standards on both the right and left sides.

Mile Run (Cardiovascular Endurance)

Test Objective and Rationale

The objective of the test is to cover the distance of one mile in as short a time as possible.

The purpose of the test is to measure cardiorespiratory or aerobic endurance. The one-mile run/walk is a good indicator of the ability of the circulatory and respiratory systems to supply oxygen to functioning muscles, in other words the capacity to perform activities using large muscle groups over an extended period of time. The importance of cardiorespiratory fitness lies in the fact that heart disease is a leading cause of death in our society.

Equipment and Facilities

Test Preparation

- Students should receive ample instruction on pacing and practice in running for distance.
- Emphasis should be placed on developing the fastest pace that can be sustained for the full distance covered.
- A warm-up time should precede the test.

Test Performance

- Students are instructed to run/walk one complete mile in the fastest time possible.

Scoring

- Record the minutes and seconds it takes for each student to complete the distance of one mile.

Flexibility - the absolute range of movement in a joint or series of joints, and length in muscles that cross the joints to induce a bending movement or motion.

Muscular Strength - the ability of a muscle to exert a maximal or near maximal force against an object.

Muscular Endurance - the ability of a muscle or group of muscles to sustain repeated contractions against a resistance for an extended period of time.

Cardiovascular Endurance - the ability of the heart and lungs to supply oxygen-rich blood to the working muscle tissues and the ability of the muscles to use oxygen to produce energy for movement.