

ENDURANCE AND STRENGTH FITNESS ASSESSMENT

Name: _____ Facility: _____

Instructions: Complete this assessment at the beginning and end of the 6-month wellness period. This will assist you in tracking the progress of your strength, flexibility and endurance. Using the directions on the next page, complete the table below.

You will receive 15 points for completing this activity.

Date: _____ Date: _____

ASSESSMENT TEST	BEGINNING RESULTS	END RESULTS
Part 1: Flexibility Number		
Part 2: Step Test Pulse Rate		
Part 3: Sit-Up Number		
Part 4: Push-Up Number		

Assessment Instructions:

This fitness assessment will consist of four individual parts, the step test, sit-up test, push-up test and trunk flexibility. You will need the following: a yard stick, a tape measure, something to write with, a stopwatch, timer, or watch with a second hand, and a strip of masking tape. The order you do the parts is not important, nor is it important to do them immediately after each other. Do one part, record the results, take a break, or even wait until the next day to do the next. It is recommended that you do some general stretching and warmup exercises prior to doing each component. Remember to keep breathing and drink lots of water.

Part #1 Trunk Flexibility Test

You will need a 7" strip of tape and yardstick for this procedure. Place the tape on the floor. Sit down on the floor with your legs straight out in front of you. Place your heels on the near edge of the tape about 5" inches apart. Now place the yardstick on the floor between your heels with the 1" measure closest to you and the 15" mark on the same edge of the tape as your heels (the tape and the yardstick make a + shape, your heels touch each end of the tape, use the overhead view as a reference). Get on the floor in the described position with the tape, your heels, and the yardstick aligned. Slowly reach forward with both of your hands as far as you can reach, hold the position for a moment then record the inches number your fingertips reach on the yardstick. DO NOT jerk forward to get extra distance. Repeat this a total of 3 times. Write the greatest number you could reach here _____ this is your Flexibility Number. You have completed this component.

Part #2 Step Test

Take a little time to warm up prior to this component, a few stretches or exercises. You need a sturdy 8" step for this exercise. You will step up, then down, alternating feet for three minutes at the rate of 24 steps per minute. (About 2 steps each 5 seconds). Set timer or stopwatch for 3 minutes. Begin stepping, step up, then down, alternating feet, 2 steps per 5 seconds. Stop at exactly three minutes. Sit down immediately. Exactly one minute after you complete the test, count your pulse for 30 seconds. Write the number of beats here _____ this is your Pulse Rate. You have completed this component.

Part #3 Sit-up Test

You will perform sit-ups for sixty seconds. Do as many as you can. Lie flat on your back knees bent, feet flat on the floor, hands clasped behind your head (you can have someone hold your feet if you wish). Touch your elbows to your knees or thighs and return to the starting position. Set timer or stopwatch for 1 minute. Begin sit-ups, count the number you perform. Stop at exactly one minute Write the number of sit-ups here _____ this is your Sit-up Number. You have completed this component.

Part #4 Push-up Test

You will perform pushups for sixty seconds. Do as many as you can. Start in pushup position with arms straight, fingers forward, lower chest to floor with back straight, then return to the starting position. Women, you use the modified pushup, where you support yourself from the knees instead of the toes. Set timer or stopwatch for 1 minute. Begin push-ups, count the number you perform. Stop at exactly one minute Write the number of push-ups here _____ this is your Push-up Number. You have completed this component.