**Fitness Assessments Online/At Home**

**Assessing your Health-Related Fitness will help you make educated decisions and set specific goals for your exercise, physical activity, and diet. We will not assess every element of HRF at home, but we hope that the abbreviated version of these assessments will still provide you with an overview of your fitness level.**

**Fitness Assessment Directions**

**1. Aerobic Capacity-One-mile run/walk**

Directions: Map out a relatively flat mile distance. Run/walk as fast as possible-record your time.

**2. Muscular Endurance-Push Ups**

Directions: <https://www.youtube.com/watch?v=v-EGC9jBC44>

Push Up Cadence: <https://www.youtube.com/watch?v=bpfPe5OvSH4> (also available on AsULearn)

**3. Muscular Endurance-Curl Ups**

Directions: <https://www.youtube.com/watch?v=u4w8pmkVmng>

Curl Up Cadence: <https://www.youtube.com/watch?v=RW6OssVmJBI> (also available on AsULearn)

**4. Flexibility-Shoulder Flexibility Test**

Directions: <https://www.youtube.com/watch?v=IhagGZhD0cs>

**5. Body Composition-Body Mass Index (BMI)**

Visit the website below and enter your height and weight to calculate your BMI and understand your risk.

<https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm>

<https://www.medicalnewstoday.com/articles/323622#health-risks-of-extra-weight>

**Assessment Score Future Goal Healthy Fitness Zone**

**Male Female HFZ?**

**Aerobic Capacity**

1 Mile Run/Walk \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ 7-8:30min 8-10min Yes/No

**Muscular Endurance**

Push-ups \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ 18+ 7+ Yes/No

Curl ups \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ 24+ 18+ Yes/No

(Max 75)

**Flexibility**

Shoulder Stretch R- L- R- L- Touch Touch Yes/No

**Body Composition**

Height/Weight \_\_\_\_\_\_\_ \_\_\_\_\_\_\_

BMI \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ 18-25 18-25 Yes/No

(Misclassifies muscular individuals)

**NOTES OR OTHER PERSONAL FITNESS GOALS FOR THIS CLASS:**

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| **Healthy Fitness Zones** | | | |
| **Assessment** | **Area of HRF** | **Men** | **Women** |
| 20 meter Pacer | Aerobic Capacity | >54 laps | >38 laps |
| Mile Run/Walk | Aerobic Capacity | 7:00-8:30min | 8:00-10:00min |
| Curl-Ups | Muscular Endurance | 24-47 | 18-35 |
| Push-Ups | Mus. Endurance/Strength | 18-35 | 7-15 |
| Trunk Lift | Flexibility/Mus. Strength | 9-12 inches | 9-12 inches |
| Shoulder Stretch | Flexibility | Touch | Touch |
| Sit and Reach | Flexibility | 8 inches | 12 inches |
| Body Fat | Body Composition | 6-17% (>24% Unhealthy) | 14-31% (>31% Unhealthy) |
| BMI | Body Composition | 18.5-24.9 | 18.5-24.9 |

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| --- | --- |
| **Body Mass Index (BMI)**  **Estimate of disease risk**  \*misclassifies muscular individuals | |
| **Classification** | **BMI (kg/meters2)** |
| Underweight | <18.5 |
| Healthy | 18.5-24.9 |
| Overweight | 25-29.9 |
| Obesity (class I) | 30-34.9 |
| Obesity (class II) | 35-39.9 |

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| **Body Fat Percentage** | | |
| **Classification** | **Women % fat** | **Men (% fat)** |
| Essential Fat | 10-13% | 2-5% |
| Athletes | 14-20% | 6-13% |
| Fitness | 21-24% | 14-17% |
| Average | 25-31% | 18-24% |
| Obese | >32% | >25% |
| American Council on Exercise data | | |

**Health-Related Fitness**

1. Aerobic Capacity-ability to perform large muscle, intense exercise for prolonged periods (heart/lungs).

2. Muscular Endurance-ability of muscles to exert force over time.

3. Muscular Strength-ability of muscles to exert maximum force.

4. Flexibility-ability to move through a full range of motion available in a joint.

5. Body Composition-relative percentage of muscles, fat, bone and other tissues that comprise the body.

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| **Aerobic Capacity/Cardiorespiratory Endurance** |
| Aerobic exercise strengthens your heart and lungs and decreases your risk of diabetes, cancer, stroke, cardiovascular disease, hypertension, and others. |

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| **Muscular Strength/Endurance/Flexibility** |
| Decreases in flexibility, muscular endurance and muscular strength lead to a significant decrease in the ability to perform daily tasks as we age and increase the risks of injuries. |

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| **Body Composition** |
| Increases in body fat and decreases in heart/lung strength increases the risk of diabetes, cancer, stroke, cardiovascular disease, hypertension, and others. |

**Additional Information**

<http://www.cdc.gov/>

<http://www.cooperinstitute.org/healthyfitnesszone>