**1. 20 meter Pacer (Aerobic Capacity)**

Objective is to run back and forth with the pace as long as possible (20 meters)

Partner counts # laps (one lap is each time they run to the other end)

Run when beep sounds, wait at the other end until the beep sounds again

After the student cannot reach the line before the beep the test is done, record the laps, including the two when they did not reach the line (the two misses do not have to be consecutive)

**2. Push Ups (Muscular Endurance/Strength)**

Objective: Do as many pushups as possible at the rhythmic pace (following the cadence)

Test begins-student pushes up until arms are straight, back, legs are straight, toes on floor

Student lowers straight body by bending elbows until the upper arm is bent 90 degrees, parallel to the floor

Student must maintain rhythm with cadence (1 push up every 3 seconds-20 per minute)

Test is stopped when student form breaks 2 times (not keeping body straight, or not bending arms to

90 degrees), or fails to remain in rhythm or puts knee/body down

**3. Curl Ups (Muscular Endurance)**

Objective is to complete up to 75 curl ups at a set rhythm (the CD counts to 80)

Begin lying down on back with legs bent, feet flat on floor, head down, arms straight at sides

Partner places strip at tips of fingers

Strip is 4 ½ inches wide, fingers should cross strip each time, then return to head down position

Student must maintain rhythm with cadence (1 curl up every 3 seconds-20 per minute)

Stop test after 75 curl ups or 2 form breaks (head must return to mat each time, heels must stay on ground, fingers must cross line), or student cannot keep up with cadence

**4. Back Saver Sit and Reach (Flexibility)**

Test 1 leg at a time (the bent leg should have foot flat on floor 2-3 inches from straight leg)

Remove shoes

Hand must remain together (fingers of both hands intertwined)

Straight leg should remain straight! Bent leg can move to the side during the reach

Reach slowly forward 4 times and hold the fourth for 1 sec

**5. Shoulder Flexibility (Flexibility)**

Objective is to touch fingers together behind the back by reaching over shoulder and under elbow

Record a Y if the student can touch fingers of opposite hand N if they cannot (record R and L sides)

**6. Trunk Lift (Muscular Strength/Flexibility)**

Object is to lift upper body off the floor and hold for measurement

Maximum score is 12 inches

Student lies down on stomach with arms down at sides palm up

Student should be looking at ground with chin tucked in! Feet remain on the floor.

Student lifts body off the floor slowly, measurement is from floor to bottom of chin

**7. Bioelectric Impedance Analyzer (Body Composition)**

Be sure the students are hydrated prior to this test

Hit the on button

Hit “Set” 2x

Use adjustment buttons to set Height, Hit “Set”

Adjust Weight, Hit “Set” Adjust Age, Hit “Set” Adjust Sex, Hit “Set”

Hold straight out, Hit “Start”, after 5 seconds you will get a BF # and BMI (explain difference between BMI/BF)