

Curl-ups/Sit-ups

This event measures abdominal strength and endurance.

Curl-ups test: Have student lie on cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. Partner holds feet. Arms are crossed with hands placed on opposite shoulders and elbows held close to chest. Keeping this arm position, student raises the trunk curling up to touch elbows to thighs and then lowers the back to the floor so that the scapulas (shoulder blades) touch the floor, for one curl-up.

To start, a timer calls out the signal "Ready? Go!" and begins timing student for one minute. The student stops on the word "stop." Curl-ups tip Instruct helpers to count aloud the number of repetitions.

Curl-ups scoring "Bouncing" off the floor is not permitted. The curl-up should be counted only if performed correctly.

Shuttle Run

This event measures speed, quickness and agility.

Shuttle run testing:

Mark two parallel lines 30 feet apart and place two blocks of wood or similar object behind one of the lines. Students start behind opposite line. On the signal "Ready? Go!" the student runs to the blocks, picks one up, runs back to the starting line, places block behind the line, runs back and picks up the second block and runs back across starting line.

Shuttle run tip: Be sure the participants understand the importance of running through the finish line. Shuttle run scoring Blocks should not be thrown across the lines. Scores are recorded to the nearest hundredth of a second.

Endurance mile run/walk

This event measures heart/lung endurance.

Endurance run/walk testing: On a safe, one-mile distance, students begin running on the count "Ready? Go!" Walking may be interspersed with running. However, the students should be encouraged to cover the distance in as short a time as possible.

Endurance run/walk tip: Use a large enough running area so that no more than eight laps are necessary to complete a mile.

Endurance run/walk scoring Always review students' health status before administering this test. Give students ample instruction on how to pace themselves. Allow them to practice running this distance against time, as well as sufficient time for warming up and cooling down before and after the test. Times are recorded in minutes and seconds.

Flexed-arm hang

This event measures upper body strength and endurance.

Flexed-arm hang testing: Using an underhand grip (palms facing toward body), student assumes flexed-arm hang position with chin clearing the bar. Students may be lifted to this position. Student holds this position as long as possible.

Flexed-arm hang tip: Rather than doing a pull-up to start, lift the participant to the starting position. This decreases any extra exertion and may possibly increase the length of time.

Flexed-arm hang scoring: Chest should be held close to bar with legs hanging straight. Timing is stopped when student's chin touches or falls below the bar.

Sit and reach

This event measures flexibility of the lower back and hamstrings.

Sit and reach testing: A specially constructed box with a measuring scale marked in centimeters, with 23 centimeters at the level of the feet. Student removes shoes and sits on floor with knees fully extended, feet shoulder-width apart and soles of the feet held flat against the end of the box. With hands on top of each other, palms down, and legs held flat, student reaches along the measuring line as far as possible. After three practice reaches, the fourth reach is held for 3 seconds while the distance is recorded.

Sit and reach tip: Participants are most flexible after a warm-up run. Best results may occur immediately after performing the endurance run.

Sit and reach rules: Legs must remain straight, soles of feet against box and fingertips of both hands should reach evenly along measuring line. Scores are recorded to the nearest centimeter.

Jump-Rope

Jumping rope increases muscle strength and improves timing, coordination, and balance. It tones not only your legs but also your back, shoulders, abs, chest, and arms.

Jump Rope Testing: Students are timed for one minute. Students have to completely turn the rope over their heads and step over with both feet for it to count as 1 jump. If the rope gets caught they can still complete the jump by bringing it under both feet to make a complete turn.

Tips for jumping rope: Choose the correct rope length for you. To do this, use one foot to step on the center of the rope. Pull up on the handles – they should come to the middle of your chest. Wear a good pair of shoes with a lot of cushioning for the balls of your feet. Jump only high enough to clear the rope – about 1 inch off the ground. Land lightly on the balls of your feet. Keep your torso upright and your elbows close to your sides. Turn the rope by small circles with your wrists.

Standing Long/Broad Jump

This event is used to measure the explosive power of the legs.

Long Jump testing: Make sure the mat is on a flat surface. Preferably the same place every time for consistency. . The take off line should be clearly marked. The athlete stands behind a line marked on the ground with feet slightly apart. A two foot take-off and landing is used, with swinging of the arms and bending of the knees to provide forward drive. The subject attempts to jump as far as possible, landing on both feet without falling backwards. Three attempts are allowed.

Scoring: The measurement is taken from take-off line to the nearest point of contact on the landing (back of the heels). Record the longest distance jumped, the best of three attempts.

Tips: Falling or stepping backward after the landing will result in measurement to that point of contact rather than where the feet first touched. Some participants will try to use a step at take-off, which is not allowed.

Plank

The plank test measures the control and endurance of the back/core stabilizing muscles. It is a simple fitness test of core muscle strength, and can also be used as a fitness exercise for improving core strength.

Testing: Start with the upper body supported off the ground by the elbows and forearms, and the legs straight with the weight taken by the toes. The hip is lifted off the floor creating a straight line from head to toe. As soon as the person is in the correct position, the stopwatch is started. The head should be facing towards the ground and not looking forwards. The test is over when the person is unable to hold the back straight and the hip is lowered. The aim of this test is to hold an elevated plank position for as long as possible. An exercise dice will be placed on the back between the shoulder blades to ensure the proper position is held.

Scoring: The score is the total time completed.