



TESTING SEQUENCE & SCRIPT

PHYSICAL FITNESS STANDARDS

Conduct the events using the following sequence and script to prepare participants for each event.

Participants will warm up for a minimum of three minutes immediately prior to the testing sequence.

One Minute Sit-Ups

Purpose

This measures abdominal muscular endurance.

Procedure Throughout the Entire Event:

1. Lie flat on your back with your knees bent. Your feet may be together or apart but your heels must remain in contact with the floor (ground or mat). A partner may firmly hold your feet by placing their hands and applying their weight on the top of your feet.
2. Your fingers must be interlocked and placed behind your head.
3. When the timer says "Go", lift your upper body by bending at the waist. Touch both of your elbows to your knees. This is the "Up" position. Return back to the start position until both your shoulder blades touch the floor (mat or ground).
4. This cycle is counted as one repetition. Perform as many repetitions as possible.
5. You may rest in the "up" position only.
6. During this event: keep your buttocks on the floor (ground or mat); do not thrust your hips; keep your fingers interlocked behind your head; do not pull on your head or neck; keep your neck in a neutral or straight position; touch both of your elbows to your knees; touch both your shoulder blades to the floor (ground or mat); do not hold your breath; and breathe as normally as possible.
7. Your score is the number of fully completed repetitions in one minute or until you stop or cannot continue for the full minute. Only a trained instructor will count and determine if each repetition was performed according to the instructions.
8. Watch the following demonstration (instructor demonstrates correct sit-ups).
9. Are there any questions?

Participants will rest for a minimum of two minutes prior to push-ups.

One Minute Push-Ups

Purpose

This measures muscular endurance of the upper body (chest, shoulders, and triceps).

Procedure Throughout the Entire Event:

1. Laying on your stomach or while on your knees place your hands flat on the floor (ground or mat). Place your hands slightly wider than shoulder width apart with your fingers pointing forward.
2. Your feet may be together or up to 12 inches apart.

3. Start in the “Up” position with your elbows fully extended. When the timer says “Go”, lower your body toward the floor until your upper arms are parallel with your back and you are touching the instructor’s target (fist, sponge or aerobic block). Return to the “Up” position with your elbows fully extended.
4. This cycle is counted as one repetition. Perform as many repetitions as possible.
5. You may rest in the “Up” position only.
6. During this event: your back must be straight and your body should form a relatively straight line from your shoulders to your ankles at all times; you may not rest on the floor (ground or mat) or on the target and doing so will end the event; and in the “Up” position your elbows must be fully extended.
7. Your score is the number of fully completed repetitions in one minute or when you stop or cannot continue for the full minute. Only a trained instructor will count and determine if each repetition was performed according to protocol.
8. Watch the following demonstration (instructor demonstrates correct push-ups).
9. Are there any questions?

Participants will rest for a minimum of ten minutes then warm-up and stretch for a minimum of two minutes.

1.5 Mile Run

Purpose

The 1.5 mile run is a measure of cardiovascular endurance or aerobic power.

Procedure Throughout the Entire Event:

1. You will start behind the designated starting line.
2. When the timer says “Go”, the clock will start. You will run at your own pace. You must run _____ laps and _____ additional feet to complete the 1.5 miles (or, You must run on the measured course from the identified start and finish lines to complete the 1.5 miles). Your goal is to complete the 1.5 miles as fast as you can.
3. During this event: you may run alongside another runner; you may not physically assist or be assisted by another runner; and you may walk but it will be difficult to meet the standard.
4. The instructor may call out the number of laps completed and/or your lap times. Your finish time for 1.5 miles will be called out and recorded as your score. Only a trained instructor will time your run. An assistant instructor may count your laps.
5. Are there any questions?

Participants will cool down immediately after the run by walking slowly for a minimum of 5 minutes. This will prevent venous pooling (pooling of the blood in the lower extremities which reduces the return of blood to the heart and may cause cardiac arrhythmias).