

Module 4: Personal Fitness Plan
Topic 4 Content: Assessment Exercises Notes

Introduction




Assessment Exercises

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Instructions

Click the tabs to learn about four assessment exercises you can use to assess your physical fitness.



Sit-and-Reach Test Push-up Test Curl-up Test Step Test

Click the tabs to learn about four assessment exercises you can use to assess your physical fitness.

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Sit-and-Reach test



Sit-and-Reach Test

- 1 Remove your shoes and sit with your legs straight out in front, toes pointing upward, and feet slightly apart.
- 2 Place your feet flat against the base of the step.
- 3 Place the ruler on top of the step, between your legs.
- 4 With one hand on top of the other, reach as far forward as you can and hold it. Do not bend your knees.
- 5 Record the farthest distance you can reach by performing this test three times.

Sit-and-Reach Test Push-up Test Curl-up Test Step Test

The sit-and-reach test measures the flexibility in your hamstrings and back. For this test, you will need a ruler and a step.

Click each step to learn how to perform the sit-and-reach test.

1. Remove your shoes and sit with your legs straight out in front, toes pointing upward, and feet slightly apart.
2. Place your feet flat against the base of the step.
3. Place the ruler on top of the step, between your legs.
4. With one hand on top of the other, reach as far forward as you can and hold it. Do not bend your knees.
5. Record the farthest distance you can reach by performing this test three times.

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Push-up Test

Push-up Test

- 1 Begin on your stomach, with your toes (or knees) on the floor and your hands on the floor next to your chest.
- 2 Push through your hands until your arms are extended, lifting your body off of the floor. Keep your back in a straight line.
- 3 Lower yourself down until just before your chest touches the floor, maintaining a straight back and looking straight down at the ground.
- 4 Record the number of push-ups you can complete until exhaustion.

Sit-and-Reach Test Push-up Test Curl-up Test Step Test

The push-up test measures muscular strength and endurance of the upper-body. For this test, you will need a flat surface. This test can be performed two different ways. A regular push-up takes place when only the hands and toes are touching the floor. Modified push-ups occur when your hands and knees are touching the floor.


Click each step to learn how to perform the push-up test.

1. Begin on your stomach, with your toes (or knees) on the floor and your hands on the floor next to your chest.
2. Push through your hands until your arms are extended, lifting your body off of the floor. Keep your back in a straight line.
3. Lower yourself down until just before your chest touches the floor, maintaining a straight back and looking straight down at the ground.
4. Record the number of push-ups you can complete until exhaustion.

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Curl-up Test



Curl-up Test

- 1 Lie down with your knees flexed and feet approximately twelve inches from your buttocks.
- 2 Have a partner hold your feet so that they do not leave the floor. If you do not have a partner, make sure your feet stay firmly planted on the floor during this test.
- 3 Hold your arms across your chest with your hands placed on opposite shoulders.
- 4 Raise your upper-body, keeping the arms in position, and curl-up and touch your elbows to your thighs.
- 5 Lower your back to the floor so that your shoulder blades (your upper-back) touch the floor.
- 6 Record how many curl-ups you can complete in one minute.

Sit-and-Reach Test **Push-up Test** **Curl-up Test** **Step Test**

The curl-up test is a test that measures muscular strength and endurance of the abdominal and hip-flexor muscles. For this test, you will need a watch and a soft surface such as a towel or mat, and it helps to have a partner, although it is not required.

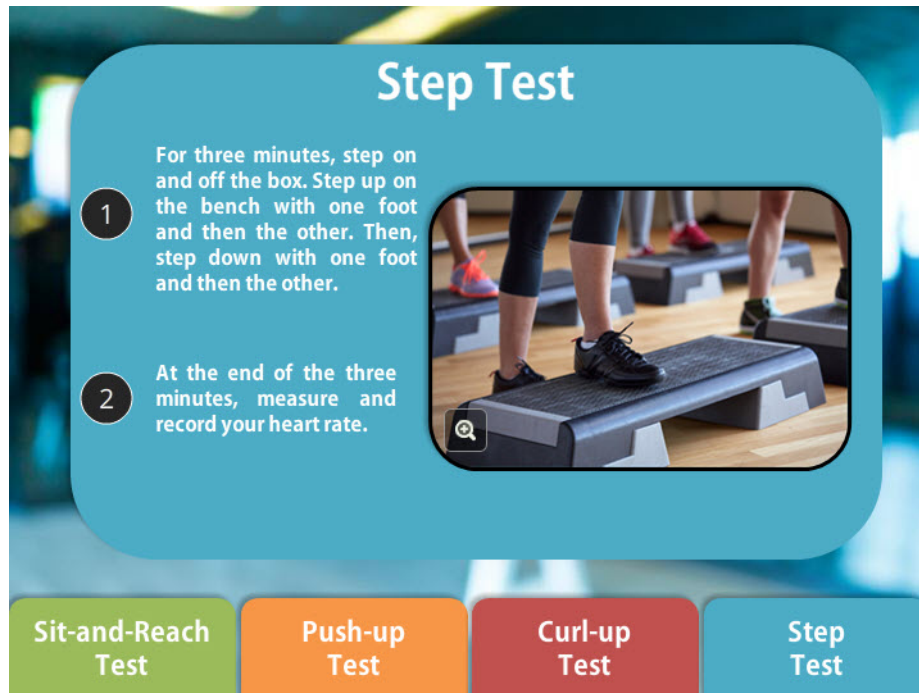
Click each step to learn how to perform the curl-up test.

1. Lie down with your knees flexed and feet approximately twelve inches from your buttocks.
2. Have a partner hold your feet so that they do not leave the floor. If you do not have a partner, make sure your feet stay firmly planted on the floor during this test.
3. Hold your arms across your chest with your hands placed on opposite shoulders.
4. Raise your upper-body, keeping the arms in position, and curl-up and touch your elbows to your thighs.
5. Lower your back to the floor so that your shoulder blades (your upper-back) touch the floor.
6. Record how many curl-ups you can complete in one minute.

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Step Test



The infographic is titled "Step Test" and is set against a light blue background. It features two numbered steps: 1. "For three minutes, step on and off the box. Step up on the bench with one foot and then the other. Then, step down with one foot and then the other." 2. "At the end of the three minutes, measure and record your heart rate." To the right of the text is a photograph showing a person's legs stepping up and down on a grey step box. Below the infographic are four colored buttons: a green button for "Sit-and-Reach Test", an orange button for "Push-up Test", a red button for "Curl-up Test", and a blue button for "Step Test".

Step Test

- 1 For three minutes, step on and off the box. Step up on the bench with one foot and then the other. Then, step down with one foot and then the other.
- 2 At the end of the three minutes, measure and record your heart rate.

Sit-and-Reach Test Push-up Test Curl-up Test Step Test

The step test measures your cardiovascular endurance by measuring your heart rate. For this test, you need a twelve-inch high bench (step or box), and a watch.

Click each step to learn how to perform the step test.

1. For three minutes, step on and off the box. Step up on the bench with one foot and then the other. Then, step down with one foot and then the other.
2. At the end of the three minutes, measure and record your heart rate.