

PE 131 Health Fitness Assessments

Name _____

Trial 1

Trial 2

Muscular Endurance:

Curl-ups

20

24

www.exrx.net/Calculators/CurlUp.html

Protocol: ASCM

Cardiovascular Endurance:

12 Minute Walk/Run

www.exrx.net/Calculators/MinuteRun.html _____

Resting HR 60 Exercise HR 80

Flexibility:

Sit and Reach

8

9

www.exrx.net/Calculators/SitReach.html

Muscular Strength:

Push-ups

10

11

www.exrx.net/Calculators/PushUps.html

Body Composition:

Body Mass Index (BMI)

31.3

www.exrx.net/Calculators/BMI.html

Height 5.5 Weight 188

Waist Circumference

41

Waist Circumference

	Men		Women	
Disease Risk	cm	inches	cm	inches
Very High	>120	>47	>110	>43.5
High	100 - 120	39.5 - 47	90 - 109	35.5 - 43
Low	80 - 99	31.5 - 39	70 - 89	28.5 - 35
Very Low	<80	<31.5	<70	<28.5

Curl-ups - This event measures muscular endurance.

- **ACSM Curl-up (Cadence)** - Subject lies supine on mat with knees bent at 90° and feet on floor. The arms are extended to sides with fingers touching a piece of masking tape. A second piece of tape is placed beyond the first piece 12 cm apart for subjects less than 45 years of age. One repetition is counted each time shoulder blades touches the floor. Subject performs as many curl-ups as possible without stopping, up to a maximum of 75 repetitions. The test is terminated if the cadence is broken.

Endurance run/walk - This event measures heart/lung endurance.

After a warm up, the subject runs as fast as possible for 12 minutes.

Push-ups - This event measures muscular strength.

Subject performs as many repetitions as possible without pausing.

- Elbows fully extended
- Male subject
 - forefoot or toes on floor
 - legs, hips, and back straight
 - tester places upright fist below chest of male subject
 - contact with testers fist
- Female subject
 - knees on floor or mat
 - hips and back straight
 - tester gives verbal feed back to female subject on depth of push-up
 - shoulders the same height of elbow

Sit and reach testing - this event measures flexibility

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 while the distance is recorded. 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.

Sit and reach tip

Participants are most flexible after a warm-up run. Best results may occur immediately after performing the endurance run.

Body Mass Index - Body Mass Index (or BMI) is a way of estimating body fat.

$$\text{BMI} = \text{weight} / \text{height}^2$$

Interpreting BMI

BMI results should only be used as a screening test. Any BMI score falling outside of the recommended range requires further examination before any final decision can be made about whether a health risk may exist.

Write a one page reflection analyzing your fitness assessment results. Do your scores reflect healthy levels of fitness? Discuss the changes you see from the beginning to the end of the term.