

Curl-ups - This event measures muscular endurance.

ACSM Curl-up (Cadence) - Subject lies on their back on the mat with knees bent at 90° and feet on floor. The arms are straight and at their sides with fingers touching a piece of tape. A second piece of tape is placed beyond the first piece 12 cm apart. One repetition is counted each time the subject slides their hands forward touching the second tape then returning their shoulder blades to the mat. 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. Rest muscle group 24 hours before performing the second trial.

Cardiovascular Endurance - This event measures heart/lung endurance.

After a warm up, the subject performs a walk/run as fast as possible for 12 minutes on the outdoor 400 meter track totaling total distance traveled. Each lap is 400 meters. Each curve and straightaway is 100 meters. Note: the inside lane is the shortest distance.

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.

Push-ups - This event measures muscular strength.

Subject performs as many repetitions as possible without pausing. The test is terminated if cadence is broken. Rest muscle group 24 hours before performing second trial. With elbows fully extended:

- Male subject
 - toes on floor
 - legs, hips, and back straight
 - tester places upright fist below chest of subject
 - subject's chest should contact tester's fist
- Female subject
 - knees on floor or mat
 - hips and back straight
 - the depth of the push-up should find subject's elbows forming right angles

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

REFLECTION:

Do your scores reflect healthy levels of fitness in each area? What areas are in need of attention? This reflection should be a page in length and word processed in paragraph form. Correct spelling and grammar will be considered in the grading process. **Please staple (your reflection and score sheet) together. Due _____**