

ADULT PRESIDENTIAL PHYSICAL FITNESS TEST INSTRUCTIONS

Cardiovascular Health Test:

Choice #1: The ¼ mile walk: Using your personal tracking device walk as quickly as you can for ¼ mile. At the end write down your heart rate and the time it took you to complete.

Choice #2: The 1-mile walk: You should only attempt to take this test if you are routinely walking 15 to 20 minutes several times per week. After completing the mile, write down your heart rate and the time it took you to complete the mile.

The Sit-and-Reach Test: Alert! If you have low-back pain, doing this test may aggravate your condition. Equipment: Tape measure or yardstick and tape and a partner to help record your score.

Directions: Perform a series of dynamic stretches. These stretches should focus on stretching the lower back and hamstrings.

Place a yardstick or tape measure on the floor and put a long piece of masking tape over the 15 inch mark at a right angle to the yardstick. Remove your shoes and sit on the floor with the yardstick between the legs (0 mark close to your crotch), with your feet about 12 inches apart. Heels should be at the 15 inch mark at the start of the stretch to account for the fact that the legs tend to move forward when performing **the stretch**.

With the fingertips in contact with the yardstick, slowly stretch forward with both hands **as far** as possible noting where the fingertips are to the closest inch. Exhaling when you stretch forward and dropping the head may allow you to stretch a bit further. Do not allow the knees to lift off.. Do not use fast and sudden motions, which can injure your hamstring muscles. Perform the stretch three times with a few seconds **of rest between stretches**. Record the **best measurement**.

Body Composition: Waist Circumference: can serve as another indicator for some health risks for individuals who may have a BMI classification of normal or overweight (a BMI score between 18.5 and 29.9). A high waist circumference is associated with an increased risk for type 2 diabetes, elevated blood lipids (fats like cholesterol and triglycerides), hypertension, and cardiovascular disease in patients with a BMI between 25 and 34.9. Recording changes over time in waist circumference is important since it can change even when body weight remains the same.

Directions: Measure your waist 1" above your navel. Measure your hips 3" below your navel. Divide your waist measurement by your hip measurement. Goal is <85%.

Muscular Strength and Endurance:

Core: The Half Sit-Up Test: One of the most frequently measured muscle groups is the abdominal (stomach) muscles. **Several tests (for example,** sit-up and curl-up tests) have been developed to measure mainly **abdominal** muscular strength and endurance. We are going to use an abdominal muscular strength and endurance test called the "YMCA Half Sit-Up" test, which is a curl-up test since you lift your trunk only partially off the floor.

Equipment/Test Setting Mat or rug, Stopwatch or watch with a second hand, four strips of tape to place 3.5 inches apart on mat or rug to provide start and end position for the curl-up. Prepare the mat or rug with the tape strips placed perpendicular 3.5" apart on each side of the mat. You need to be able to feel the tape as your fingers move across the mat or rug from the starting and ending positions. We recommend that you do the test with a partner.

Directions Lie face-up on mat or rug with knees at a right angle (that is, 90°) and feet flat on the ground. The feet are not held down. Place hands palms facing down on the mat touching the first piece of tape. Flatten your lower back to the mat or rug, and half sit-up so that your fingers move from the first piece of tape to the second. Then return your shoulders to the mat or rug and repeat the movement as described. Your head does not have to touch the surface. Keep your lower back flat on the mat or rug during the movements – if you arch your back, it can cause injury. Your partner will count the number of half sit-ups performed in one minute. Pace yourself so you can do half sit-ups for one minute. Record your results.

Upper body: Standard and Modified Push-Up: Alert! If you have shoulder, elbow, or wrist pain, doing this test may aggravate your condition. In the standard push-up test, you push your body up and down using muscles in your arms, shoulders and chest, while keeping your body straight with your feet serving as the pivot point. Beginners or those with shoulder issues can reduce the load by having their knees touching the floor and acting as the pivot point. In this test, only the upper body is the load. We are going to use standard push-ups and modified push-ups as our tests for upper body and shoulder muscular strength and endurance.

Directions: Athletes and men: start in the standard push-up position (elevated). Hands should be shoulder width apart, arms extended straight out under the shoulders, back and legs in a straight line, and toes curled under. Non-athletes or beginners do a modified push-up with knees bent, hands directly under shoulders. Perform as many pushups as you can for a full minute. Your chest should be lowered to 2" off the ground. If you need to change from a military pushup to modified write down how many pushups you can do before dropping to your knees.

Use the next page to record your results.

Presidential Physical Fitness Tracking

Name: _____

Date: _____

Weight: _____

Cardiovascular Test: Heart rate: _____bpm Time: _____

Sit and Reach Test: _____inches

Body Composition Test: waist circumference _____ inches
hip circumference _____ inches
ratio _____

Half Sit Up Test: Number of crunches in one minute: _____

Push up Test: Number of pushups in one minute: _____
Position (circle) Military Modified (knees) Level 1: wall/counter

Goals for retesting in four weeks:
