

Youth Physical Fitness Test Instructions

1. Curl-ups

Objective

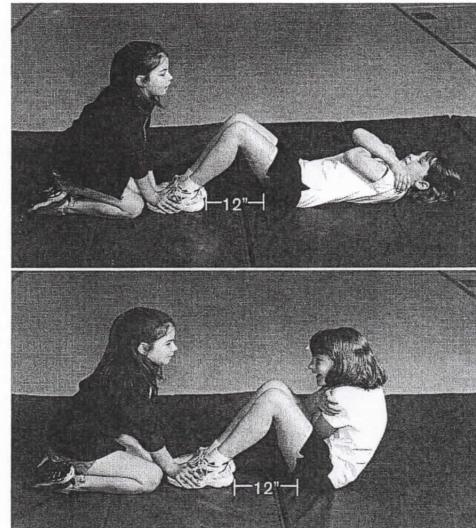
To measure abdominal strength/endurance by maximum number of curl-ups performed in one minute.

Testing

Have student lie on cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. Partner holds feet. Arms are crossed with hands placed on opposite shoulders and elbows held close to chest. Keeping this arm position, student raises the trunk, curling up to touch the outside of forearms and elbows to thighs and then lowers the back to the floor so that the scapulas (shoulder blades) touch the floor, for one curl-up. To start, a timer calls out the signal "Ready? Go!" and begins timing student for one minute. The student stops on the word "stop."

Scoring

"Bouncing" off the floor is not permitted. The curl-up should be counted only if performed correctly. See page 11 for qualifying standards.



OR 1a. Partial Curl-ups

Objective

To measure abdominal strength/endurance by maximum number of curl-ups.

Testing

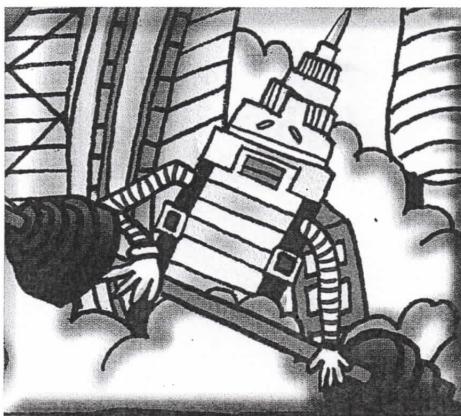
Have student lie on cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. The feet are not held or anchored. Arms are extended forward with fingers resting on the legs and pointing toward the knees. The student's partner kneels behind with hands cupped under the student's head. The student being tested curls up, slowly sliding the fingers up the legs until the fingertips touch the knees, then back down until the head touches the partner's hands. The curl-ups are done to a metronome (or audio tape, clapping, drums) with one complete curl-up every three seconds, and are continued until the student can do no more in rhythm. The student should remain in motion during the entire three second interval.

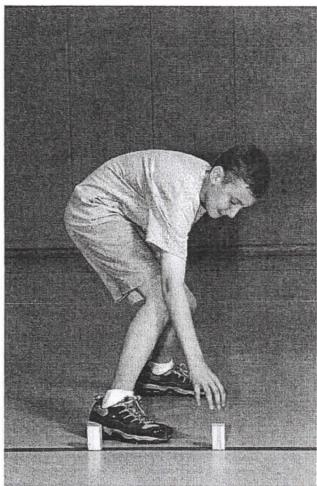
Scoring

Record only those curl-ups done with proper form and in rhythm. See page 11 for qualifying standards.

Rationale

Partial curl-ups, completed slowly with knees bent and feet not held, are also an indicator of strength and endurance of the abdominal muscles.





2. Shuttle Run

Objective

To measure speed and agility.

Testing

Mark two parallel lines 30 feet apart and place two blocks of wood or similar object (approximate size of 2"x2"x4") behind one of the lines. Students start behind opposite line. On the signal "Ready? Go!" the student runs to the blocks, picks one up, runs back to the starting line, places the block behind the line, runs back and picks up the second block and runs back across the starting line.

Scoring

Blocks should not be thrown across the lines. Scores are recorded to the nearest tenth of a second. See page 11 for qualifying standards.

3. Endurance Run/Walk

Objective

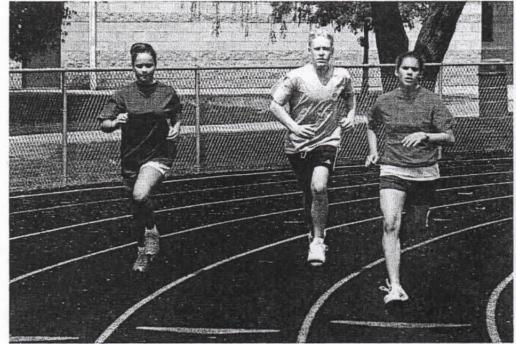
To measure heart/lung endurance by fastest time to cover a one-mile distance.

Testing

On a safe, one-mile distance, students begin running on the count "Ready? Go!" Walking may be interspersed with running. However, the students should be encouraged to cover the distance in as short a time as possible.

Scoring

Before administering this test, students' health status should be reviewed. Also, students should be given ample instruction on how to pace themselves and should be allowed to practice running this distance against time. Sufficient time should be allowed for warming up and cooling down before and after the test. Times are recorded in minutes and seconds.



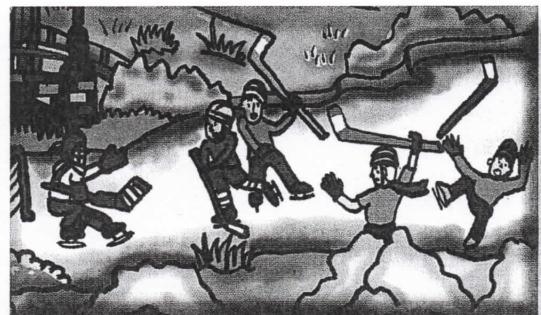
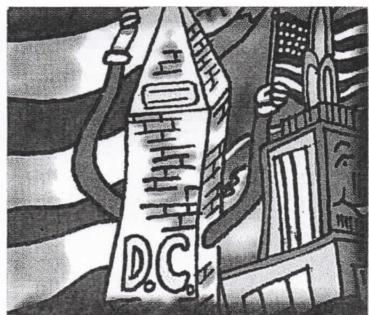
Option for 6-7 year olds ... 1/4 mile

Option for 8-9 year olds ... 1/2 mile

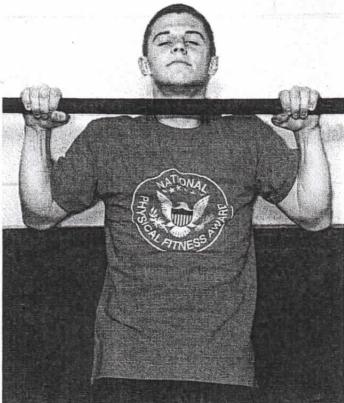
Alternative distances for younger children are 1/4 mile for 6-7 year olds, and 1/2 mile for 8-9 year olds. The same objective and testing procedures are used as with the mile run. See page 11 for qualifying standards.

Rationale

Shorter distance runs are included as options for younger children. Younger children can be prepared to run the mile. However, some teachers find it easier to administer a shorter run, which provides good information on cardiorespiratory endurance of young children.



4. Pull-ups



Objective

To measure upper body strength/endurance by maximum number of pull-ups completed.

Testing

Student hangs from a horizontal bar with arms fully extended and feet free from floor, using either an overhand grasp (palms facing away from body) or underhand grip (palms facing toward body). Small students may be lifted to starting position. Student raises body until chin clears the bar and then lowers body to full-hang starting position. Student performs as many correct pull-ups as possible.

Scoring

Pull-ups should be done in a smooth rather than jerky motion. Kicking or bending the legs is not permitted and the body must not swing during the movement. See page 11 for qualifying standards.

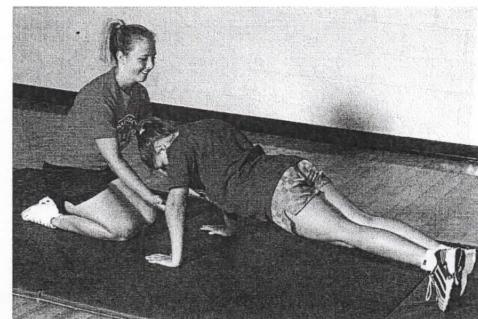
OR 4a. Right Angle Push-ups

Objective

To measure upper body strength/endurance by maximum number of push-ups completed.

Testing

The student starts in push-up position with hands under shoulders, arms straight, fingers pointed forward, and legs straight, parallel and slightly apart (approximately 2–4 inches) with the toes supporting the feet. Keeping the back and knees straight, the student then lowers the body until there is a 90-degree angle formed at the elbows with upper arms parallel to the floor. A partner holds her/his hands at the point of the 90-degree angle so that the student being tested goes down only until her/his shoulders touch the partner's hand, then back up. The push-ups are done to a metronome (or audio tape, clapping, drums) with one complete push-up every three seconds, and are continued until the student can do no more in rhythm. The student should remain in motion during the entire three second interval.



Scoring

Record only those push-ups done with proper form and in rhythm. See page 11 for qualifying standards.

Rationale

Right angle push-ups provide a good indicator of the range of strength/endurance found in children and youth, whereas some are unable to do any pull-ups. Pull-ups remain an option for those students at higher levels of strength/endurance.

OR 4b. Flexed-Arm Hang

Alternative to pull-ups or right angle push-ups for National and Participant Physical Fitness Awards. Students who cannot do one pull-up may do the flexed-arm hang in order to qualify for the National or Participant Physical Fitness Awards. To qualify for the Presidential Award, students are required to do pull-ups or right angle push-ups.

Objective

To maintain flexed-arm hang position as long as possible.

Testing

Using either an overhand grasp (palms facing away from body) or underhand grip (palms facing toward body), student assumes flexed-arm hang position with chin clearing the bar. Students may be lifted to this position. Student holds this position as long as possible.



Scoring

Chest should be held close to bar with legs hanging straight. Timing is stopped when student's chin touches or falls below the bar. See page 11 for qualifying standards.

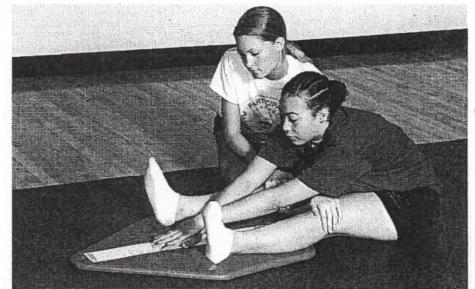
5. V-Sit Reach

Objective

To measure flexibility of lower back and hamstrings.

Testing

A straight line two feet long is marked on the floor as the baseline. A measuring line four feet long is drawn perpendicular to the midpoint of the baseline extending two feet on each side and marked off in half-inches. The point where the baseline and measuring line intersect is the "0" point. Student removes shoes and sits on floor with measuring line between legs and soles of feet placed immediately behind baseline, heels 8-12 inches apart. With hands on top of each other, palms down, the student places them on measuring line. With the legs held flat by a partner, the student slowly reaches forward as far as possible, keeping fingers on the measuring line and feet flexed. After three practice tries, the student holds the fourth reach for three seconds while that distance is recorded.



Scoring

Legs must remain straight with soles of feet held perpendicular to the floor (feet flexed). Students should be encouraged to reach slowly rather than "bounce" while stretching. Scores, recorded to the nearest half-inch, are read as plus scores for reaches beyond baseline, minus scores for reaches behind baseline. See page 11 for qualifying standards.

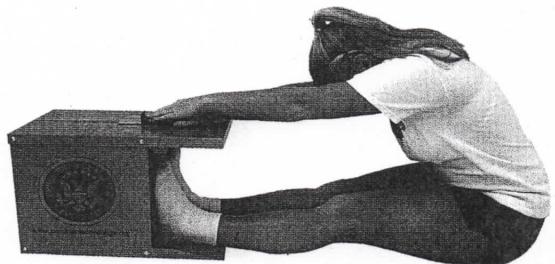
OR 5a. Sit and Reach

Objective

To measure flexibility of lower back and hamstrings.

Testing

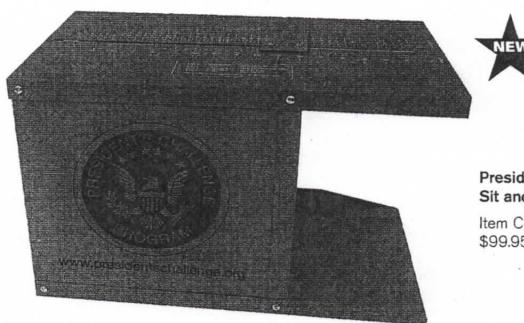
A specially constructed box is used with a measuring scale marked in centimeters, with 23 centimeters at the level of the feet. (Details for construction are available on the Web site or by contacting the President's Challenge office.)



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, the student reaches along the measuring line as far as possible. After three practice reaches, the fourth reach is held while the distance is recorded.

Scoring

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. See page 11 for qualifying standards.



President's Challenge
Sit and Reach Box

Item Code #350
\$99.95

President's Challenge Sit and Reach Box

The President's Challenge now offers a sit and reach box to help you test students' flexibility. It has a built-in footplate, a maximum reach indicator, and scales in inches and centimeters. Assembly is easy and requires no tools. See inside back cover for ordering information.

Physical Fitness Test Score Pads

Our 50-sheet test score pads make it easy to write down scores and comments on the physical fitness test, then tear off the pages and give them to students, or take them back to your office. See inside back cover for ordering information.

Student Name _____		
Class _____ Period _____ Year _____		
Height _____ Weight _____ Age _____		
Testing Date _____		
Event	Score	Award Level
1. Curl-ups or Partial Curl-ups	_____	_____
2. Shuttle Run	_____	_____
3. Endurance Run/Walk	_____	_____
4. Pull-ups or Single Push-ups, or Flexed-Arm Hang	_____	_____
5. V-Sit Reach or Sit and Reach	_____	_____
Award Earned _____		
Comments: _____		

www.presidentschallenge.org
President's Challenge, Inc. Mail Order 201 (800) 334-4754
800-229-8146 (9:00-4:00 EST)
www.presidentschallenge.org

Physical Fitness Test Score Pads

(Actual Size: 5" x 7")
Item Code #310

\$2.00



Building a Healthier Nation—One Student at a Time

Qualifying Standards for all students – The Presidential Physical Fitness Award

In order to qualify for this award, participants must achieve at least the 85th percentile in all 5 events represented below. These standards are based on the 1985 National School Population Fitness Survey and validated in 1998, by means of comparison with a large nationwide sample collected in 1994.

	Age	Curl-Ups (# one minute)	Partial* Curl-Ups (#)	Shuttle Run (seconds)	V-Sit Reach (inches)	Sit and Reach OR (centimeters)	One-Mile Run (min:sec)	Distance Options**		Pull-Ups (#)	Rt. Angle Push-Ups (#)
								OR	(min:sec) 1/4 mile	(min:sec) 1/2 mile	
BOYS	6	33	22	12.1	+3.5	31	10:15		1:55		2
	7	36	24	11.5	+3.5	30	09:22		1:48		4
	8	40	30	11.1	+3.0	31	8:48			3:30	5
	9	41	37	10.9	+3.0	31	8:31			3:30	5
	10	45	35	10.3	+4.0	30	7:57				18
	11	47	43	10.0	+4.0	31	7:32				22
	12	50	64	9.8	+4.0	31	7:11				27
	13	53	59	9.5	+3.5	33	6:50				31
	14	56	62	9.1	+4.5	36	6:26				39
	15	57	75	9.0	+5.0	37	6:20				40
	16	56	73	8.7	+6.0	38	6:08				42
	17	55	66	8.7	+7.0	41	6:06				44
	6	32	22	12.4	+5.5	32	11:20		2:00		53
	7	34	24	12.1	+5.0	32	10:36		1:55		9
	8	38	30	11.8	+4.5	33	10:02			3:58	14
	9	39	37	11.1	+5.5	33	9:30			3:53	17
	10	40	33	10.8	+6.0	33	9:19				20
GIRLS	11	42	43	10.5	+6.5	34	9:02				19
	12	45	50	10.4	+7.0	36	8:23				20
	13	46	59	10.2	+7.0	38	8:13				21
	14	47	48	10.1	+8.0	40	7:59				20
	15	48	38	10.0	+8.0	43	8:08				20
	16	45	49	10.1	+9.0	42	8:23				24
	17	44	58	10.0	+8.0	42	8:15				25

*Chart reflects 85th percentile of scores that students must reach.

The National Physical Fitness Award

In order to qualify for this award, participants must achieve at least the 50th percentile in all 5 events represented below. These standards are based on the 1985 National School Population Fitness Survey and validated in 1998, by means of comparison with a large nationwide sample collected in 1994.

	Age	Curl-Ups (# one minute)	Partial* Curl-Ups (#)	Shuttle Run (seconds)	V-Sit Reach (inches)	Sit and Reach OR (centimeters)	One-Mile Run (min:sec)	Distance Options**		Pull-Ups (#)	Rt. Angle Push-Ups (#)	Flexed- Arm Hang (sec)
								OR	(min:sec) 1/4 mile	(min:sec) 1/2 mile		
BOYS	6	22	10	13.3	+1.0	26	12:36		2:21		1	6
	7	28	13	12.8	+1.0	25	11:40		2:10		1	8
	8	31	17	12.2	+0.5	25				4:22	1	10
	9	32	20	11.9	+1.0	25	10:30			4:14	2	12
	10	35	24	11.5	+1.0	25	9:48				14	12
	11	37	26	11.1	+1.0	25	9:20				15	11
	12	40	32	10.6	+1.0	26	8:40				18	12
	13	42	39	10.2	+0.5	26	8:06				24	14
	14	45	40	9.9	+1.0	28	7:44				24	20
	15	45	45	9.7	+2.0	30	7:30				30	30
	16	45	37	9.4	+3.0	30	7:10				30	28
	17	44	42	9.4	+3.0	34	7:04				37	30
	6	23	10	13.8	+2.5	27	13:12		2:26		1	5
	7	25	13	13.2	+2.0	27	12:56		2:21		1	6
	8	29	17	12.9	+2.0	28	12:30			4:56	1	8
	9	30	20	12.5	+2.0	28	11:52			4:50	1	12
	10	30	24	12.1	+3.0	28	11:22				13	8
	11	32	27	11.5	+3.0	29	11:17				11	7
	12	35	30	11.3	+3.5	30	11:05				10	7
	13	37	40	11.1	+3.5	31	10:23				11	8
	14	37	30	11.2	+4.5	33	10:06				10	9
	15	36	26	11.0	+5.0	36	9:58				15	7
	16	35	26	10.9	+5.5	34	10:31				12	7
	17	34	40	11.0	+4.5	35	10:22				16	7

*Norms from Canada Fitness Award Program, Health Canada, Government of Canada with permission. **Note: 1/4 and 1/2 mile norms from Amateur Athletic Union Physical Fitness Program with permission.

Chart reflects 50th percentile of scores that students must reach for the National Physical Fitness Award.

The Participant Physical Fitness Award

Those who attempt all five events but have one or more scores below the 50th percentile (see chart above) are eligible for the Participant Award.

To see more specific percentiles for these test events, you can also download the President's Challenge Normative Data Spreadsheet at www.presidentschallenge.org. Click on any category, then choose Downloads at the bottom of the page, and see Forms.

Curl-ups

Instruct helpers to count aloud the number of repetitions.

Partial Curl-ups

Make sure that the participants' arm is fully extended from the starting position.

Shuttle Run

Be sure the participants understand the importance of running through the finish line.

Endurance Run/Walk

Use a large enough running area so that no more than eight laps are necessary to complete a mile. Help participants learn proper pacing for the mile by having them run at the mile pace for short distances during warm-up time.

Pull-ups

Spend as little time hanging from the bar beforehand as possible, the extra time on the bar may reduce the number of pull-ups performed. Discourage any kicking of the legs or swinging of the body as this may also decrease the number of repetitions.

Right Angle Push-ups

As with the pull-up, spend as little time in the starting position beforehand in order to increase the number of repetitions. Any extra movement may also decrease the number of repetitions.

Flexed-Arm Hang

Rather than doing a pull-up to start, lift the participant to the starting position. This decreases any extra exertion and may possibly increase the length of time.

Flexibility (V-Sit Reach or Sit and Reach)

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