

Instructions for the Physical Fitness Program

For use when qualifying students for the Presidential, National and Participant Physical Fitness Awards

Directions:

Before performing the following tests, all students should be taught the correct techniques for all tests, including proper pacing and running style. There is no limit to the number of tries students may have on each test item. Physical fitness testing is most effective when it is part of a comprehensive physical education program that supports testing with educational and motivational information. **Please use the age of the student at the start of testing when determining award levels.**

Testing Tips: For testing tips on each event you can visit our website at: www.indiana.edu/~preschal.

1. Curl-ups (For testing only - not training)

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 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 20 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 is behind the head 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 (has not done the last three in rhythm) or has reached the target number for the PPFA.



Scoring: Record only those curl-ups done with proper form and in rhythm. See page 20 for qualifying standards.

Rationale: The partial (abdominal) curl-ups, done slowly with knees bent and feet not held, replace the timed curl-ups because they are a better indicator of the strength and endurance of the abdominal muscles.

(continued on next page)

2. Shuttle Run

Objective: To perform shuttle run as fast as possible.

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 block behind the line, runs back and picks up the second block and runs back across starting line.



Scoring: Blocks should not be thrown across the lines. Scores are recorded to the nearest tenth of a second. See page 20 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 years old ... 1/4 mile

Option for 8-9 years old ... 1/2 mile

Alternative distances for younger children are 1/4 mile for 6-7 years old, and 1/2 mile for 8-9 years old. The same objective and testing procedures are used as with the mile run. See page 20 for qualifying standards.

Rationale: Shorter distance runs are included as options for younger children. Younger children can be prepared to run the mile run; however some teachers find it easier to administer a shorter run which does provide good information on cardio-respiratory 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 20 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 lies face down on the mat in push-up position with hands under shoulders, fingers straight, and legs straight, parallel, and slightly apart, with the toes supporting the feet. The student straightens the arms, keeping the back and knees straight, then lowers the body until there is



a 90-degree angle at the elbows, with the upper arms parallel to the floor. A partner holds her/his hand at the point of the 90-degree angle so that the student being tested goes down only until her/his shoulder touches 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 (has not done the last three in rhythm) or has reached the target number for the PPFA.

Scoring: Record only those push-ups done with proper form and in rhythm. See page 20 for qualifying standards.

Rationale: The right angle push-ups are recommended for upper body strength/endurance testing because the student's body weight has less effect than it does on pull-ups. Right angle push-ups provide a better indicator of the range of strength/endurance found in children and youth, whereas many are unable to do any pull-ups. Pull-ups remain an option for those students at higher levels of strength/endurance.

(continued on next page)

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 20 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 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. Student clasps thumbs so that hands are together, palms down and places



them on measuring line. With the legs held flat by a partner, student slowly reaches forward as far as possible, keeping fingers on baseline 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 20 for qualifying standards.

OR 5a. Sit and Reach

Objective: To measure flexibility of lower back and hamstrings.

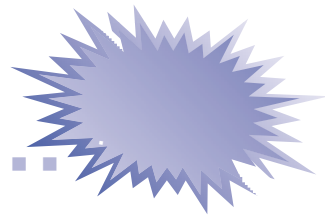
Testing: A specially constructed box with a measuring scale marked in centimeters, with 23 centimeters at the level of the feet. (Details for construction are available on the web site or by contacting the President's Challenge



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, 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 20 for qualifying standards.

Qualifying Standards



Please Note: Award standards were most recently validated in 1998 by means of comparison with a large nationwide sample collected in 1994.

The Presidential Physical Fitness Award (This represents the 85th percentile.)



	AGE	CURL-UPS (# one minute)	OR	PARTIAL* CURL-UPS (#)	SHUTTLE RUN (seconds)	V-SIT REACH (inches)	OR	SIT AND REACH (centimeters)	ONE-MILE RUN (min:sec)	OR	DISTANCE OPTION**		PULL-UPS (#)	OR	RT. ANGLE* PUSH-UPS (#)
											(min:sec) 1/4 mile	(min:sec) 1/2 mile			
BOYS	6	33		22	12.1	+3.5		31	10:15		1:55		2		9
	7	36		24	11.5	+3.5		30	9:22		1:48		4		14
	8	40		30	11.1	+3.0		31	8:48			3:30	5		17
	9	41		37	10.9	+3.0		31	8:31			3:30	5		18
	10	45		35	10.3	+4.0		30	7:57				6		22
	11	47		43	10.0	+4.0		31	7:32				6		27
	12	50		64	9.8	+4.0		31	7:11				7		31
	13	53		59	9.5	+3.5		33	6:50				7		39
	14	56		62	9.1	+4.5		36	6:26				10		40
	15	57		75	9.0	+5.0		37	6:20				11		42
16	56		73	8.7	+6.0		38	6:08				11		44	
17	55		66	8.7	+7.0		41	6:06				13		53	
GIRLS	6	32		22	12.4	+5.5		32	11:20		2:00		2		9
	7	34		24	12.1	+5.0		32	10:36		1:55		2		14
	8	38		30	11.8	+4.5		33	10:02			3:58	2		17
	9	39		37	11.1	+5.5		33	9:30			3:53	2		18
	10	40		33	10.8	+6.0		33	9:19				3		20
	11	42		43	10.5	+6.5		34	9:02				3		19
	12	45		50	10.4	+7.0		36	8:23				2		20
	13	46		59	10.2	+7.0		38	8:13				2		21
	14	47		48	10.1	+8.0		40	7:59				2		20
	15	48		38	10.0	+8.0		43	8:08				2		20
16	45		49	10.1	+9.0		42	8:23				1		24	
17	44		58	10.0	+8.0		42	8:15				1		25	

The National Physical Fitness Award (This represents the 50th percentile.)

	AGE	CURL-UPS (# one minute)	OR	PARTIAL* CURL-UPS (#)	SHUTTLE RUN (seconds)	V-SIT REACH (inches)	OR	SIT AND REACH (centimeters)	ONE-MILE RUN (min:sec)	OR	DISTANCE OPTION**		PULL-UPS (#)	OR	RT. ANGLE* PUSH-UPS (#)	OR	FLEXED-ARM HANG (sec)
											(min:sec) 1/4 mile	(min:sec) 1/2 mile					
BOYS	6	22		10	13.3	+1.0		26	12:36		2:21		1		7		6
	7	28		13	12.8	+1.0		25	11:40		2:10		1		8		8
	8	31		17	12.2	+0.5		25	11:05			4:22	1		9		10
	9	32		20	11.9	+1.0		25	10:30			4:14	2		12		10
	10	35		24	11.5	+1.0		25	9:48				2		14		12
	11	37		26	11.1	+1.0		25	9:20				2		15		11
	12	40		32	10.6	+1.0		26	8:40				2		18		12
	13	42		39	10.2	+0.5		26	8:06				3		24		14
	14	45		40	9.9	+1.0		28	7:44				5		24		20
	15	45		45	9.7	+2.0		30	7:30				6		30		30
16	45		37	9.4	+3.0		30	7:10				7		30		28	
17	44		42	9.4	+3.0		34	7:04				8		37		30	
GIRLS	6	23		10	13.8	+2.5		27	13:12		2:26		1		6		5
	7	25		13	13.2	+2.0		27	12:56		2:21		1		8		6
	8	29		17	12.9	+2.0		28	12:30			4:56	1		9		8
	9	30		20	12.5	+2.0		28	11:52			4:50	1		12		8
	10	30		24	12.1	+3.0		28	11:22				1		13		8
	11	32		27	11.5	+3.0		29	11:17				1		11		7
	12	35		30	11.3	+3.5		30	11:05				1		10		7
	13	37		40	11.1	+3.5		31	10:23				1		11		8
	14	37		30	11.2	+4.5		33	10:06				1		10		9
	15	36		26	11.0	+5.0		36	9:58				1		15		7
16	35		26	10.9	+5.5		34	10:31				1		12		7	
17	34		40	11.0	+4.5		35	10:22				1		16		7	

The Participant Physical Fitness Award

Boys and girls who attempt all five items, but whose scores fall below the 50th percentile on one or more of them are eligible to receive the Participant Award.

*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.

