



Fitness Self-Assessment

The purpose of the Fitness Self-Assessment is to assess overall physical fitness levels by conducting cardiovascular, muscular endurance and flexibility tests. It is important to remember that you do not need to score in the excellent category on every test. This is a tool to help you track your fitness levels and make fitness improvements or maintain your current fitness level before testing again.

1 - Mile Walk

The 1-Mile Walk Test evaluates cardiovascular fitness and can be done on a track.

Procedure:

- Walk 1 mile as quickly as possible.
 - Wildcat Center Upper Track: 7 Laps, inside lane.
 - Wildcat Center Lower Track: 8 Laps, inside lane.
- At the end of one mile check heart rate and record your time in minutes and seconds.
 - To measure heart rate, find pulse on either your neck or wrist. Begin counting at 0 and count your heartbeat for 6 seconds and then multiply by 10.

Recording:

- Click the link below to calculate your results.
<http://www.exrx.net/Calculators/Rockport.html>
- Input your information and calculate results.
- Record your Heart Rate, Minutes and Seconds on your Fitness Self-Assessment Tracking Sheet and calculate results.
- Record your Score and Rating on your Fitness Self-Assessment Tracking Sheet.

1.5 - Mile Run

The 1.5 Mile Run evaluates cardiovascular fitness and can be done on a track.

Procedure:

- Run 1.5 miles as quickly as possible.
 - Wildcat Center Upper Track: 10 Laps, inside lane.
 - Wildcat Center Lower Track: 12 Laps, inside lane.
- At the end of 1.5 mile record your time in minutes and seconds.

Recording

- Click the link below to calculate your results.
<http://www.exrx.net/Calculators/OneAndHalf.html>
- Input your information, 1.5-mile time and calculate your results.
- Record your Time, Score and Rating on your Fitness Self-Assessment Tracking Sheet.

Sit and Reach Test

The Sit and Reach Test measures overall flexibility of the legs, back, arms and shoulders. The sit and reach box is located in the Human Performance Lab, Wildcat Center room 112 or in the Employee Wellness Office.

Procedure:

- Remove shoes and sit with your back and pelvis flat against the wall and legs flat on the ground.
- Slide the sit and reach box underneath your feet until your heels rest flat against the box.
- Hold your arms out straight in front of you and place one hand over the other.
- Move the adjustable measuring arm until the end touches your fingertips.
- Take a deep breath and as you exhale push the slider forward without bouncing or separating your hands.
- You have 3 attempts; record your best score to the nearest centimeter.

Recording:

- Click the link below to calculate your results.
<http://www.exrx.net/Calculators/SitReach.html>
- Input your information and change “Distance” to “Centimeters” in the drop down box and calculate results.
- Record your Distance, Score and Rating on your Fitness Self-Assessment Tracking Sheet.



Push Up Test

The Push Up Test measures how many push-ups a person can do in 1 minute and is a good indicator of upper body strength and endurance. Men do push ups from their toes and women from their knees. The push up Perfect Counter is located in the Employee Wellness Office.

Procedure:

Option 1

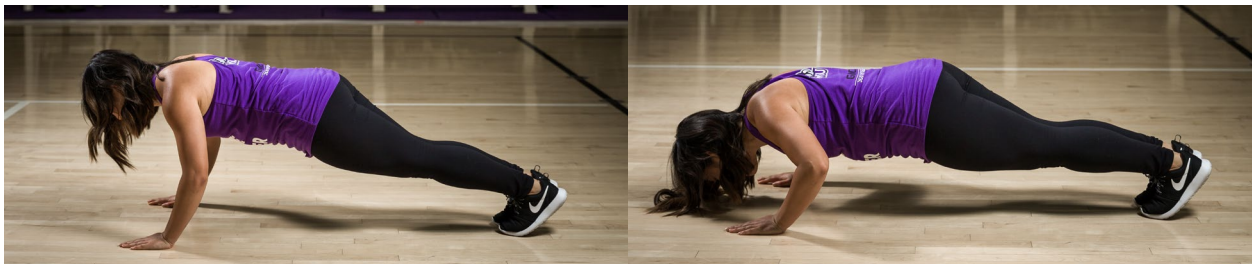
- Start on your stomach with legs together, hands under your shoulders, fingers pointing forward.
- Push up into a plank position keeping hands under the shoulders with back and hips aligned.
- Bend elbows so that chest is 3-4 inches away from the ground, then return to plank position.
- Do as many repetitions as possible in 1 minute.

Option 2

- Use the Perfect Counter located in the Employee Wellness Office.
- Set the counter by pressing the red ON button, adjust the time to 1 minute and place under your chest.
- Push up into a plank position keeping hands under the shoulders with back and hips aligned.
- Bend elbows until your chest hits the counter and you hear a beep.
- Do as many repetitions as possible in 1 minute.

Recording:

- Click the link below to calculate your results.
<http://www.exrx.net/Calculators/PushUps.html>
- Input your information and calculate results.
- Record your Repetitions, Score and Rating on your Fitness Self-Assessment Tracking Sheet.



Curl Up Test

The Curl Up Test measures how many curl ups a person can do in 1 minute and is a good indicator of core strength.

Procedure:

- Start on your back with knees bent at a 90-degree angle, feet on floor.
- Place hands on thighs with arms straight.
- Begin your curl up by contracting your abdominal muscles, lifting your head off the floor until your hands touch your knees then return to starting position.

Recording:

- Click the link below to calculate your results.

<https://exrx.net/Calculators/CurlUp>

- Input your information and change “Protocol” to “YMCA” and calculate results.
- Record your Repetitions, Score and Rating to your Fitness Self-Assessment Tracking Sheet.

