Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_

FITNESS TESTING

Documentation

**Directions:**  Using your test scores in the Fitness Testing Chart below, you will complete the checklist of information to turn into your instructor.

**Fitness Testing Chart**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Test** | Image Detail | **Push-Up** | **Curl-Up** | **PACER** | **Sit-and-Reach** |
| **Pre-Test****Test #1** |  |  |  |  |  |
| **Test #2** |  |  |  |  |  |
| **Test #3** |  |  |  |  |  |
| **Post-Test****Test #4** |  |  |  |  |  |

**Fitness Results Checklist & Assignment Turn-In**

**Test #1 (Pre-Test)**

* Test results put in the above chart.
* Test results placed into an Excel spreadsheet graph (to turn in).
* Analyze the results by writing a one page paper (1 inch margins, 1.5 line spacing, 12 pt Times New Roman font) answering the following:
	+ Paragraph #1 – Intro (what are you talking about, what are the fitness tests used, and what were the results for you this time?)
	+ Paragraph #2 – How do each of your results compare to that of the FITNESSGRAM Healthy Fitness Zone? (found on the back side of this sheet)
	+ Paragraph #3 – Are you surprised/not about any of results?
	+ Paragraph #4 – What changes can you make to your diet/exercise routine to improve your FITNESSGRAM scores?
	+ Paragraph #5 – Summarize your paper (what are you talking about)
* Turn in your paper and Excel spreadsheet with your full name, period/hour, and grade.

**Test #2**

* Test #2 results put in the above chart.
* Test results placed into an Excel spreadsheet graph with #1 test comparison (to turn in).
* Analyze the results by writing a one page paper (1 inch margins, 1.5 line spacing, 12 pt Times New Roman font) answering the following:
	+ Paragraph #1 – Intro (what are you talking about, what are the fitness tests used, and what were the results for you this time?)
	+ Paragraph #2 – How do each of your results compare to that of the FITNESSGRAM Healthy Fitness Zone? (found on the back side of this sheet)
	+ Paragraph #3 – Are you surprised/not about any of results? How do these results compare to the first test?
	+ Paragraph #4 – What changes can you make to your diet/exercise routine to improve your FITNESSGRAM scores?
	+ Paragraph #5 – Summarize your paper (what are you talking about)
* Turn in your written paper and Excel spreadsheet (not the chart you write you results in) with your full name, period/hour, and grade.

**Test #3**

* Test #3 results put in the above chart.
* Test results placed into an Excel spreadsheet graph with #1 & #2 test comparison (to turn in).
* Analyze the results by writing a one page paper (1 inch margins, 1.5 line spacing, 12 pt Times New Roman font) answering the following:
	+ Paragraph #1 – Intro (what are you talking about, what are the fitness tests used, and what were the results for you this time?)
	+ Paragraph #2 – How do each of your results compare to that of the FITNESSGRAM Healthy Fitness Zone? (found on the back side of this sheet)
	+ Paragraph #3 – Are you surprised/not about any of results? How do these results compare to the first test?
	+ Paragraph #4 – What changes can you make to your diet/exercise routine to improve your FITNESSGRAM scores?
	+ Paragraph #5 – Summarize your paper (what are you talking about)
* Turn in your written paper and Excel spreadsheet (not the chart you write you results in) with your full name, period/hour, and grade.

**Test #4 (Post-Test)**

* Test #4 results put in the above chart.
* Test results placed into an Excel spreadsheet graph with #1 & #2 test comparison (to turn in).
* Analyze the results by writing a one page paper (1 inch margins, 1.5 line spacing, 12 pt Times New Roman font) answering the following:
	+ Paragraph #1 – Intro (what are you talking about, what are the fitness tests used, and what were the results for you this time?)
	+ Paragraph #2 – How do each of your results compare to that of the FITNESSGRAM Healthy Fitness Zone? (found on the back side of this sheet)
	+ Paragraph #3 – Are you surprised/not about any of results? How do these results compare to the first test?
	+ Paragraph #4 – What changes can you make to your diet/exercise routine to improve your FITNESSGRAM scores?
	+ Paragraph #5 – Summarize your paper (what are you talking about)
* Turn in your written paper, result chart (this time), and Excel spreadsheet with your full name, period/hour, and grade.

**FITNESSGRAM Healthy Fitness Zone**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Female Healthy Fitness Zone** | **Age** | Image Detail | **Push-Up** | **Curl-Up** | **PACER****(20 meter)** | **Sit-and-Reach** |
| **14** | **17.5-25** | **7-15** | **18-32** | **23-51** | **10** |
| **15** | **17.5-25** | **7-15** | **18-35** | **23-51** | **12** |
| **16** | **17.5-25** | **7-15** | **18-35** | **32-61** | **12** |
| **17** | **17.5-26** | **7-15** | **18-35** | **41-61** | **12** |
| **17+** | **18-27.3** | **7-15** | **18-35** | **41-61** | **12** |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Male Healthy Fitness Zone** | **Age** | Image Detail | **Push-Up** | **Curl-Up** | **PACER****(20 meter)** | **Sit-and-Reach** |
| **14** | **15.6-24.5** | **14-30** | **24-45** | **41-83** | **8** |
| **15** | **16.2-25** | **16-35** | **24-47** | **51-94** | **8** |
| **16** | **16.6-26.5** | **18-35** | **24-47** | **61-94** | **8** |
| **17** | **17.3-27** | **18-35** | **24-47** | **61-106** | **8** |
| **17+** | **17.8-27.8** | **18-35** | **24-47** | **72-106** | **8** |