

## **Instructions**

### **Sit-Ups:**

#### **Purpose**

This measures abdominal muscular endurance.

#### **Procedure**

1. The participant starts by lying on his/her back, knees bent, heels flat on the floor, with the fingers laced and held behind the head. Avoid pulling on the head with the hands. The buttocks must remain on the floor with no thrusting of the hips.
2. A partner holds the participant's feet down firmly.
3. The participant then performs as many correct sit-ups as possible in 1 (one) minute.
4. In the "up" position, the participant should touch elbows to knees and then return until the shoulder blades touch the floor.
5. Your score is the total number of correct sit-ups. Any resting must be done in the "up" position.
6. Breathing should be as normal as possible; making sure the participant does not hold his/breath.

#### **How to Prepare for Sit-ups**

1. Determine the maximum number of correct sit-ups you can do in one minute.
2. Multiply that number by 75% (.75). Round off results to lowest number. This will be the number of sit-ups you should do per set. Complete 3-5 sets of sit-ups.
3. Rest no longer than 60 seconds between sets.
4. If you have difficulty keeping correct form, rest on the floor but only as long as necessary. It is key to complete all sit-ups within each set.
5. Perform this routine every other day and increase the number of sets by 1 or 2 each week.
6. Remember to warm-up prior to completing your sets.

### **Push-Ups:**

#### **Purpose**

This measures muscular endurance of the upper body (anterior deltoid, pectorals major, triceps).

#### **Procedure**

1. The administrator places one fist on the floor below the participant's chest (sternum).
2. Starting from the "up" position (arms fully extended with elbows locked, both hands and both feet only touching the floor), the participant must keep the back straight at all times and lower the body to the floor until the chest (sternum) touches the administrator's fist. The participant then returns to the up position

- with the elbows fully locked. This is one repetition.
3. The participant then performs as many correct push-ups as possible in 1 (one) minute.
  4. Resting is permitted only in the “up” position. The back must remain straight during resting.
  5. When the participant elects to stop or cannot continue, the total number of correct push-ups is recorded as the score.

### **How to Prepare for Push-Ups**

1. Determine the maximum number of correct push-ups you can do in one minute.
2. Multiply that number by 75% (.75). Round off results to the lowest number. This will be the number of push-ups you should do per set. Complete 3-5 sets of push-ups.
3. Rest no longer than 60 seconds between sets.
4. If you have difficulty keeping correct form, rest on the floor but only as long as necessary. It is key to complete all push-ups within each set.
5. Perform this routine every other day and increase the number of sets by 1 or 2 each week.
6. Remember to warm-up prior to completing your sets.

### **1.5-Mile Run:**

#### **Purpose**

The 1.5-mile run is a measure of aerobic power (cardiovascular endurance). The objective in the 1.5-mile run is to cover the distance as fast as possible.

#### **Procedure**

1. Participants should stretch and warm-up thoroughly prior to running.
2. The participant runs 1.5 miles as fast as possible. Once the test begins, the participant may not stop or leave the course of run.
3. Participants should not physically touch one another during the run, unless it is to render first aid.
4. Finish times should be called out and recorded.
5. Upon completion of the run, participants should cool down by walking for about 5 minutes to prevent venous pooling (i.e., pooling of the blood in the lower extremities which reduces the return of blood to the heart).