

Presidential Fitness Test

Instructions:

1. Complete the five Presidential Fitness Tests before starting the FSR Exercise Program (see example below). These five tests establish your fitness baseline scores for the course. Instructions on how to administer the five tests are found in unit 4 of the course.
2. As you complete each test, fill in the appropriate section of the log. Fill in your name, the date you do the activity, time or number completed, and what percentile you were in after completion of the test.
3. Have a witness sign the log in the witness section of the log to validate that you completed the tests.
4. Submit the Presidential Fitness Test Log at the end of unit 4, or week 4 of the FSR Exercise Program.

Example:

1	Endurance Run/Walk – One Mile Run
Name <u>Will Lambert</u>	Date <u>Jan 27, 07</u>
Time to complete the one mile run <u>6:00</u>	min:sec
Rating <u> </u> over 50 th percentile	<u> </u> under 50 th percentile <u>X</u> right on 50 th percentile
2	Shuttle Run
Name <u>Will Lambert</u>	Date <u>Jan 27, 07</u>
Time to complete the shuttle run <u>15.07 sec</u>	min:sec
Rating <u> </u> over 50 th percentile	<u>X</u> under 50 th percentile <u> </u> right on 50 th percent
3	Curl –ups (or partial curl-ups) Test
Name <u>Will Lambert</u>	Date <u>Jan 27, 07</u>
Number of curl-ups (or partial curl-ups) <u>10</u>	min:sec
Rating <u>X</u> over 50 th percentile	<u> </u> under 50 th percentile <u> </u> right on 50 th percent
4	Pull-ups(push-ups or flexed arm hang) Test
Name <u>Will Lambert</u>	Date <u>Jan 27, 07</u>
Number of push-ups (or right angle push-ups) or time of the flexed arm hang <u>35</u>	
Rating <u>X</u> over 50 th percentile	<u> </u> under 50 th percentile <u> </u> right on 50 th percent

APPENDIX
FIT 49: Fitness for Sports and Recreation

5 V-sit (or Sit and reach) Test	
Name <u>Will Lambert</u>	Date <u>Jan 27, 07</u>
Stretch score <u>1.5</u>	
Rating <input type="checkbox"/> over 50 th percentile <input type="checkbox"/> under 50 th percentile <input checked="" type="checkbox"/> right on 50 th percent	

Witness: Coach Warburton

Date: January, 29, 2007

Presidential Fitness Test Unit 4 – Baseline Scores

(See instructions above)

1		Endurance Run/Walk – One Mile Run	
Name _____		Date _____	
Time to complete the one mile run _____ min:sec			
Rating _____ over 50 th percentile	_____ under 50 th percentile	_____ right on 50 th percentile	
2		Shuttle Run	
Name _____		Date _____	
Time to complete the shuttle run _____ min:sec			
Rating _____ over 50 th percentile	_____ under 50 th percentile	_____ right on 50 th percent	
3		Curl –ups (or partial curl-ups) Test	
Name _____		Date _____	
Number of curl-ups (or partial curl-ups) _____ min:sec			
Rating _____ over 50 th percentile	_____ under 50 th percentile	_____ right on 50 th percent	
4		Pull-ups(push-ups or flexed arm hang) Test	
Name _____		Date _____	
Number of push-ups (or right angle push-ups) or time of the flexed arm hang _____			
Rating _____ over 50 th percentile	_____ under 50 th percentile	_____ right on 50 th percent	

5	V-sit (or Sit and reach) Test
Name _____	Date _____
Stretch score _____	
Rating _____ over 50 th percentile	_____ under 50 th percentile
	_____ right on 50 th percent

Witness: _____

Date: _____

Presidential Fitness Test Unit 5 – Mid-Course Scores

Instructions:

1. Complete the five Presidential Fitness Tests after week 6 of the FSR Exercise Program. These five tests establish your fitness progress thus far for the course. Instructions on how to administer the five tests are found in Unit 5 of the course.
2. As you complete each test, fill in the appropriate section of the log. Fill in your name, the date you do the activity, time or number completed, and what percentile you were in after completion of the test.
3. Have your witness sign the log in the witness section of the log to validate that you completed the tests.
4. Submit the Presidential Fitness Test Log at the end of Unit 5 or week 8 of the FSR Exercise Program.

1	Endurance Run/Walk – One Mile Run
Name _____ Date _____	
Time to complete the one mile run _____ min:sec	
Rating _____ over 50 th percentile _____ under 50 th percentile _____ right on 50 th percentile	
2	Shuttle Run
Name _____ Date _____	
Time to complete the shuttle run _____ min:sec	
Rating _____ over 50 th percentile _____ under 50 th percentile _____ right on 50 th percent	
3	Curl –ups (or partial curl-ups) Test
Name _____ Date _____	
Number of curl-ups (or partial curl-ups) _____ min:sec	
Rating _____ over 50 th percentile _____ under 50 th percentile _____ right on 50 th percent	
4	Pull-ups(push-ups or flexed arm hang) Test
Name _____ Date _____	
Number of push-ups (or right angle push-ups) or time of the flexed arm hang _____	
Rating _____ over 50 th percentile _____ under 50 th percentile _____ right on 50 th percent	

5 V-sit (or Sit and reach) Test		
Name _____	Date _____	
Stretch score _____		
Rating _____ over 50 th percentile	_____ under 50 th percentile	_____ right on 50 th percent

Witness: _____

Date: _____

Presidential Fitness Test Unit 6 – Final Scores

Instructions:

1. Complete the five Presidential Fitness Tests after week 12 of the FSR Exercise Program. These five tests establish your ending fitness scores for the course. Instructions on how to administer the five tests are found in unit 6 of the course.
2. As you complete each test, fill in the appropriate section of the log. Fill in your name, the date you do the activity, time or number completed, and what percentile you were in after completion of the test.
3. Have your witness sign the log in the witness section of the log to validate that you completed the tests.
4. Submit the Presidential Fitness Test Log at the end of unit 6 or week 12 of the FSR Exercise Program.

1	Endurance Run/Walk – One Mile Run
Name _____	Date _____
Time to complete the one mile run _____ min:sec	
Rating _____ over 50 th percentile _____ under 50 th percentile _____ right on 50 th percentile	
2	Shuttle Run
Name _____	Date _____
Time to complete the shuttle run _____ min:sec	
Rating _____ over 50 th percentile _____ under 50 th percentile _____ right on 50 th percent	
3	Curl –ups (or partial curl-ups) Test
Name _____	Date _____
Number of curl-ups (or partial curl-ups) _____ min:sec	
Rating _____ over 50 th percentile _____ under 50 th percentile _____ right on 50 th percent	
4	Pull-ups(push-ups or flexed arm hang) Test
Name _____	Date _____
Number of push-ups (or right angle push-ups) or time of the flexed arm hang _____	
Rating _____ over 50 th percentile _____ under 50 th percentile _____ right on 50 th percent	

5 V-sit (or Sit and reach) Test		
Name _____	Date _____	
Stretch score _____		
Rating _____ over 50 th percentile	_____ under 50 th percentile	_____ right on 50 th percent

Witness: _____

Date: _____