

Here's how to do the endurance run/walk:

Endurance Run/Walk ¹
Endurance run/walk testing
<p>This event measures your heart/lung (cardio) endurance.</p> <p>On a safe, one-mile distance, you should run on the count "Ready? Go!" Walking may be interspersed with running. However, you should try to cover the distance in as short a time as possible.</p>
Endurance run/walk tip
<p>Use a large enough running area so that no more than eight laps are necessary to complete a mile. You can learn proper pacing for the mile by running at the mile pace for short distances during warm-up time.</p> <p>If you are not using a track that is measured in miles, then you will need to convert from that measurement into miles. Refer to the conversion chart below for converting to miles when using a 400 meter track or 440 yards.</p>
Endurance run/walk scoring
<p>Make sure you give yourself sufficient time to warm up and cool down before and after the test. Have a friend time you during the test or you can time yourself. Record your time in minutes and seconds (min:sec).</p>

Conversion for Miles	
On a 400 meter track	On a 440 yard track
1 mile = 4 laps + 9 meters	1 mile = 4 laps
3/4 mile = 3 laps + 6.75 meters	3/4 mile = 3 laps
1/2 mile = 2 laps + 4.5 meters	1/2 mile = 2 laps
1/4 mile = 1 lap + 2.25 meters	1/4 mile = 1 lap

After the endurance run/walk, record your time on the Presidential Fitness Tests Log from the appendix section of the course under the section Endurance Run/Walk. Then, go to the President's Challenge norm sheet (see Table 4-1).

1. Source: Adapted from the President's Challenge (<http://presidentschallenge.org>), 2005.

Next, you will participate in the shuttle run. Here's how to do the shuttle run:

Shuttle Run ²	
Shuttle run testing	
This event measures speed, quickness and agility.	
Mark two parallel lines 30 feet apart, and place two blocks of wood or similar object behind one of the lines. Start behind the opposite line. On the signal, "Ready? Go!" run to the blocks, pick one up, run back to the starting line, and place the block behind the line. Then, run back and pick up the second block and run back across starting line.	
Shuttle run tip	
Don't slow down until after you cross the finish line.	
Shuttle run scoring	
Blocks should not be thrown across the lines. Scores are recorded to the nearest tenth of a second.	

Table 4-1³												
President's Challenge Norms												
(This represents the 50th percentile.)												
	Age	Curl-Ups (# one minute)	Partial* Curl-Ups (#)	Shuttle Run (sec.)	V-Sit Reach (inches)	Sit & Reach (cm)	One-Mile Run (min:sec)	Distance (min:sec)	Option** (min:sec)	Pull-Ups (#)	Rt. Angle Push- Ups* (#)	Flexed Arm Hang (sec.)
		or			or		or	1/4 mile	1/2 mile		or	
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	17	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	40	9.7	+2.0	30	7:30			6	30	28
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	

2. *Source: Adapted from the President's Challenge (<http://presidentschallenge.org>), 2005.

3. Source: Adapted from the President's Challenge (<http://presidentschallenge.org>), 2005.

After the shuttle run, record your time on the Presidential Fitness Tests Log from appendix under section the Shuttle Run. Then, go to the President's Challenge norm sheet (see Table 4-1), and based on your test score, mark an X on the appropriate line of the log. (For example, is your score above, below, or right on the 50th percentile score for your age and gender?).

Now, it's time for some weight training assessments. You'll perform the curl-ups (or partial curl-ups) and pull-ups (or right angle push-ups) of the Presidential Fitness Tests. Both these tests measure muscular strength and endurance.

Here's how to do the curl-ups:

Curl-ups (or partial curl-ups) ⁴
Curl-ups test
This event measures abdominal strength and endurance. Lie down on a cushioned, clean surface with knees flexed and feet about twelve inches from buttocks. Have a partner hold your feet. Arms are crossed with hands placed on opposite shoulders and elbows held close to chest. Keeping this arm position, raise the trunk until your elbows touch your thighs; then, lower 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 you for one minute. You should try to do as many curl-ups as possible in one minute.
Curl-ups tip
Have your partner count aloud the number of repetitions you do.
Curl-ups scoring
"Bouncing" off the floor is not permitted. The curl-up should be counted only if performed correctly.
Partial curl-ups test
Lie down on a cushioned, clean surface with knees flexed and feet about twelve inches from buttocks. Do not hold or anchor the feet. Arms are extended forward with fingers resting on the legs and pointing toward the knees. Have a partner cup his or her hands under your head. To do the test, slowly curl up sliding the fingers up the legs until the fingertips touch the knees, then back down until the head touches the floor. 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 you can do no more in rhythm (or can't do the last three in rhythm) or has reached the target number for the test.
Partial curl-ups tip
Make sure your arms are fully extended from the starting position.
Partial curl-ups scoring
Record only those curl-ups done with proper form and in rhythm.
Partial curl-ups rationale
Done slowly with knees bent and feet not held, the partial curl-up is a better indicator of abdominal strength and endurance than the timed curl-ups.

4. Source: Adapted from the President's Challenge (presidentschallenge.org), 2005