

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

After the curl-up test, record your score on the Presidential Fitness Tests Log from the appendix of the course. Then, go to the President's Challenge norm sheet (see Table 4-2), and put an X on the appropriate line. Next, you'll measure your muscular endurance doing a pull-up (right angle push-up) test.

Table 4-2⁵ 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) 1/4 mile	Option** (min:sec) 1/2 mile	Pull-Ups (#)	Rt. Angle Push-Ups* (#)	Flexed Arm Hang (sec.)
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
	16	45	37	9.4	+3.0	30	7:10			7	30	28
	17	44	42	9.4	+3.0	34	7:04			8	37	30
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

Here's how to do the pull-up (or right angle push-up or flexed-arm hand):

Pull-ups (or right angle push-ups or flexed-arm hang) ⁶
Pull-ups testing
<p>This event measures upper body strength and endurance.</p> <p>Hang from a horizontal bar at a height so your arms are fully extended and feet free from floor, using either an overhand grasp (palms facing away from body) or underhand grip (palms facing toward body). Raise your body until the chin clears the bar and then lower the body to full-hang starting position. Try to do as many correct pull-ups as possible.</p>
Pull-ups tip
<p>Spend as little time hanging from the bar beforehand as possible, the extra time on the bar may reduce the number of pull-ups performed. Don't kick your legs or swing the body as this may also decrease the number of repetitions you can do.</p>

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

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

Pull-ups scoring
Pull-ups should be done in a smooth rather than jerky motion. Kicking or bending the legs is not permitted and the body must not swing during the movement.
Right angle push-ups testing
Lie face down on a mat in push-up position with hands under shoulders, fingers straight, and legs straight, parallel, and slightly apart, with the toes supporting the feet. Straightens the arms, keeping the back and knees straight; then lower the body until there is a 90-degree angle at the elbows, with the upper arms parallel to the floor. Ask a partner to hold his or her hand at the point of the 90-degree angle so that you know how far down to go. During the test, go down until you touch your partner's hand, then back up. The push-ups are done to a metronome (or audio tape, clapping, drums) with one complete push-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.
Right angle push-ups tip
As with the pull-up, spend as little time in the starting position beforehand in order to increase the number of repetitions. Any extra movement may also decrease the number of repetitions.
Right angle push-ups scoring
Count only those push-ups done with proper form and in rhythm.
Right angle push-ups rationale
Your body weight has less effect on right angle push-ups than it does on pull-ups. This makes right angle push-ups a better indicator of the range of strength and endurance, whereas many are unable to do any pull-ups. Pull-ups remain an option for students at higher levels of strength and endurance.
Flexed-arm hang testing
Using either an overhand grasp (palms facing away from body) or underhand grip (palms facing toward body) assume a flexed-arm hang position with the chin clearing the bar. You can ask a partner to lift you to this position if necessary. Try to hold this position as long as possible.
Flexed-arm hang tip
Rather than doing a pull-up to start, ask a partner to help you get into the starting position. This decreases any extra exertion and may possibly increase the length of time.
Flexed-arm hang scoring
Chest should be held close to bar with legs hanging straight. Timing is stopped when the chin touches or falls below the bar.

After the push-up test, record your score in Table 3-9. Then, go to the President's Challenge norm sheet (see Table 3-7), and based on your test score, put an X on the appropriate line.

Table 3-9 Push-Up Test Results	
Name: _____	Date: _____
Number of push-ups (or right angle push-ups) or time of the flexed-arm hang: _____	
Rating: ___over 50th percentile ___under 50th percentile ___right on 50th percentile	

Objective 2

Design a twelve-week FSR exercise program

This section demonstrates how to design your own twelve week FSR exercise program. You'll be taken step by step through the program starting first with establishing SMART goals based on personal fitness aspirations. Second, you'll learn how to record your progress on the two fitness logs (FSR Weight Training/Flexibility Log and FSR Cardiovascular Weekly Log) and third, you'll learn how to submit these logs during the twelve week physical activity portion of the course.

Establishing SMART goals

This whole course is designed to help you improve both your physical fitness knowledge and to help you apply that knowledge to design and implement your own exercise program based on your own personal goals. These goals are important because they are the motivating force in keeping the exercise program progressing and these goals help establish the FITT Guidelines that are used in the course. The SMART goal method(American Council on Exercise, 1996) involves setting goals that are specific, measurable, attainable, relevant, and timebound.

The first step in beginning this program is to determine what physical activity group correlates with your specific SMART goals.

SMART Cardiovascular Goals

The first step in beginning this program is to determine what physical activity group correlates with your specific SMART goals. Now, look over Table 4-4. Find the group that describes you and your goals and abilities. Think things over and decide what you would like to do as part of your cardio exercise portion of your FSR exercise program. Look over the SMART goal examples outlined below.