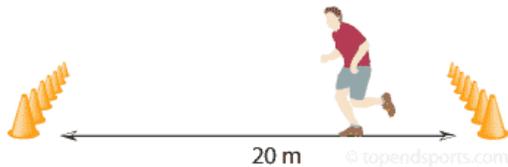


Pacer Test

The Progressive Aerobic Cardiovascular Endurance Run (PACER) test evaluates maximal aerobic fitness level. Two lines are marked on the floor 20 meters apart. Students must continuously run between the two lines in the allotted time within recorded beeps on a music CD. The time between each beep is decreased every minute requiring one to increase their pace. Students continue until they are no longer able to keep up with the beeps.



BMI

Body Mass Index (BMI) is a calculation that uses your height and weight to estimate how much body fat you have. Although BMI is not a perfect measuring tool, it is considered a good way to check on how a child is developing.



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Fitness Test

➤➤ South Colonie CSD



Preparing World Class Citizens

Fitness Test

For over twenty years South Colonie has been administering and recording some type of fitness testing. Through revisions, the tests outlined in this pamphlet make up the present fitness test.

The fitness test is an opportunity for evaluation of our student population's physical fitness level. The six events measure muscular strength/endurance, cardiorespiratory endurance, flexibility, agility, and speed.

Flexed Arm Hang

This test is used to measure upper-body strength and endurance.

Students use an over-hand grip (palms facing away from body) to hang from a bar in a flexed arm position with their chin above the bar. Students hold this position as long as possible and time is stopped when the chin touches or goes below the bar.



Shuttle Run

The shuttle run measures speed, agility, and quickness. Two lines 30 feet apart have erasers standing up on their edge. At the start, the student runs to the line to knock over one of the erasers. The student then runs back to the start to knock over another eraser, then back to knock over the third eraser and then runs to the finish line.



Sit-Ups

This event measures abdominal strength and endurance. The students lie on a mat with knees bent and feet about twelve inches from their buttocks. Their feet are held by a partner and their arms are crossed with hands on opposite shoulders. While keeping this position, students raise their trunk up to touch elbows to thighs and then return to the mat so shoulder blades touch, completing one sit-up. Students continue this for one minute.



Sit and Reach

This event measures flexibility of the lower back and hamstrings. For this test, there is a specially-constructed box equipped with a measuring scale. The 23 centimeter mark is level with the feet. Students sit on the floor with shoes off and legs fully extended. Feet should be 12" apart and the soles of their feet should be flat against the end of the box. Students reach out, with one hand over the other, to the furthest measurement. Students get three attempts.

