

## Pacer Test

The Pacer test measures aerobic cardiovascular endurance so by increasing ones endurance, one will improve their score. Running, bike riding, brisk walking, and a variety of team sports are all great activities to increase endurance. It is important to remember that just being outside and being involved in general play every day increase endurance. It is suggested that children play for at least 60 minutes a day.



## BMI

To improve ones score in the BMI, a decrease in body fat needs to occur. The two factors that influence this the most are diet and activity level. Body fat increases when we take in more calories than we burn. By decreasing ones caloric intake and increasing caloric exertion, body fat will decrease. In the simplest terms, eat healthier and play more.



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## Helpful Tips To Improve on the 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. The following tips are aimed to give our students the opportunity to work on activities and exercises that we feel have a positive effect on improving their scores.

### Flexed Arm Hang

Since this test is used to measure upper-body strength and endurance, improving your score is dependant on increasing your upper-body strength. Push-ups and pull-ups are perfect for this and can be modified. Resistance is decreased when you do a push-up on your knees instead of your feet and a pull-up can be made easier by putting one foot on a chair to reduce your body weight being pulled. For older students, a weight training regimen would also improve performance.



### Shuttle Run

Being that the ability to quickly change direction is measured in this test, the easiest way to improve your score is by participating in games or activities that incorporate stop and go movement. Simple tagging games work for younger students. For older students, involvement in team sports such as basketball, soccer, and lacrosse will help.



### Sit-Ups

Improving abdominal strength and endurance is needed to receive a higher score in this test. Getting on a regular schedule of abdominal exercises such as sit-ups, leg lifts, and planks will increase abdominal strength. A plank is a Yoga position where one gets into a push-up position with elbows on the floor instead of their hands. Make your mid-section as straight as a board for time. One can increase the difficulty by raising one arm or leg while in the position.



### Sit and Reach

Flexibility is something that needs to be worked upon on the regular basis. Getting into a routine of stretches like the ones before every physical education class will improve overall flexibility. Since the sit and reach test measures the flexibility of the lower back and hamstrings, stretches that focus mainly upon that will show the greatest results.

