

Student ID#	Student Name
0034404	[REDACTED]
School Year	P.E. Teacher
2008-2009	STEIN, MATTHEW
Grade-HmRm	
10-215	



### Student Fitness Report

Colonie Central High School  
1 Raider Blvd.  
Albany, New York 12205  
(518)459-1220

Student Name
[REDACTED]

### Student Fitness Report (continued)

To the Parent/Guardian of:  
[REDACTED]

#### Flex-Arm Hang Test

Participant	Standards		Your Child's	
	National	Presidential	Score	Rank
< 30	30 - 58	> 58	18	Participant

**Comment:**  
Student's level of muscular strength is below the National average for the flexed arm hang. Some important benefits to increasing muscular strength include the following: By increasing your muscle mass you in effect increase your bodies capacity to burn calories and reduce or lower your body fat ratio, strength exercise puts effort on your tendons and bones, when done properly it will maintain your bone structure and avoid decalcification.

**Training Tips:** Here are some ways to improve your muscular strength:

- Choose a program that meets your needs. Examples: Endurance Lifting- low weight, high repetitions. Bulk Lifting- high weight, low repetitions.
- Always perform lifts with proper technique to avoid injury and receive the most benefit.
- Always properly warm-up previous to any resistance training i.e. elevate heart rate, stretch, warm-up sets.

Key	
Presidential	85th Percentile or better *
National	50th Percentile or better
Participant	Below 50th Percentile

\* Scoring at the 85th percentile or better means your score was better than 85% of those tested.

#### Sit & Reach Test

Participant	Standards		Your Child's	
	National	Presidential	Score	Rank
< 30	30 - 37	> 37	18	Participant

**Comment:**  
Student's level of flexibility is below the national average. Some benefits of increased flexibility include the following: lower risk of injury, increased circulation, enhanced athletic performance, better posture, and may reduce tension.

**Training Tips:** Here are some ways to improve your flexibility:

- Work on stretching after heart rate has been elevated
- Include Static and Dynamic forms of stretching
- Employ various forms of exercise such as yoga or Pilates

#### Pacer Test

Participant	Standards		Your Child's	
	National	Presidential	Score	Rank
< 51	51 - 94	> 94	39	Participant

**Comment:**  
Student's level of cardiovascular fitness is below the National Average for the pacer test. Some benefits of good cardiovascular fitness are: decreased risk of heart disease, lower blood pressure, decreased cholesterol levels, increased circulation, optimize lung function, and enhance appearance.

**Training Tips:** Here are some ways to improve your cardiovascular fitness:

- Elevate heart rate into the Target Heart Rate Zone:  
220 - (your age) = Maximum Heart Rate  
Maximum Heart Rate \* .6 = 60% of Maximum Heart Rate  
Maximum Heart Rate \* .8 = 80% of Maximum Heart Rate  
Target heart rate zone 60% - 80% of Maximum Heart Rate
- Maintain Target Heart Rate Zone for 30 minutes at least 3-5 times per week.
- Choose a variety of activities such as: biking, running, basketball, tennis, rollerblading, swimming, jump rope, etc...

#### Shuttle Run Test

Participant	Standards		Your Child's	
	National	Presidential	Score	Rank
> 9.7	9 - 9.7	< 9	9.6	National

**Comment:**  
Congratulations! You have met the National Standard for agility. Some benefits of good agility are as follows; the ability to maintain balance under changing conditions of body movement, the ability to move all or part of the body quickly, the ability to control the movement of the body in co-operation with the body's sensory functions e.g. catching a ball (ball, hand and eye co-ordination).

**Training Tips:** Here are some ways to improve your agility:

- Choose exercises that promote a wide range of different foot and movement patterns such as agility ladders or dot drills.
- Limit exercises to short and explosive movements.

#### Sit Up Test

Participant	Standards		Your Child's	
	National	Presidential	Score	Rank
< 45	45 - 57	> 57	57	National

**Comment:**  
Congratulations! You have met the National Standard for muscular strength in the sit-up test. Some benefits of good muscular strength are as follows: the prevention of injuries, increased bone density, increased basal metabolic rate, ease of strenuous activity.

**Training Tips:** Here are some ways to improve your muscular strength:

- Perform at least one exercise from each of the major muscle groups.
- Resistance train at least 2-3 times a week, giving each muscle proper recovery time.
- Examples of exercises for major body parts:  

<u>Lower Body</u>	<u>Core (abdominal)</u>	<u>Upper Body</u>
squats	sit-ups	push-ups
lunges	exercise ball	overhead press
calf raises	Pilates	curls
leg press	yoga	rows

#### Body Mass Index (BMI)

Participant	Standards		Your Child's		
	Underweight	Healthy Zone	At Risk	Score	Rank
< 16.5	16.5 - 23.5	> 23.5	17.4	Healthy Zone	

**Comment:**  
Student's BMI indicates they are in the healthy zone according to national standards in their age category. Some benefits of maintaining proper body composition include: lower risk of heart disease, decreased risk of diabetes, increased quality of life, more energy, and healthy life style.

**Tips and information:**

- Develop a lifetime exercise plan you enjoy and are more apt to stick with.
- Incorporate a well-balanced diet to lower, raise or maintain a healthy body weight.
- BMI may not be an accurate indicator of overall health. Certain body types may classify as overweight due to excessive muscle mass and short stature. Body fat percentage in these cases would be a more clear indicator of overall health (i.e. skinfold test)