Assessment 6

Fitness Based Competence

Aligns with NASPE 2.2

Our program selected the Presidents Challenge Adult Fitness Test. This decision was made by the Physical Education Teacher Education Committee. The committee selected this specific fitness assessment based on the practical and realistic assessment of candidate's fitness it provided. The fitness assessment is comprised of four areas: 1. Aerobic fitness; 2. Muscular strength and endurance; 3. Flexibility; and 4. Body composition. The candidates complete all components of the fitness assessment in the fall semester of their sophomore year in PEHD 222 Analysis and Conduct of Individual Activities, fall semester of their junior year in PEHD 352 Elementary Physical Education; and fall semester of their senior year in PEHD 457 in Adapted Physical Education. If a candidate is does not meet the acceptable level of performance they are able to retest on the specific area(s) that they did not achieve by the end of the semester. If at the end of the semester an area of the fitness assessment is not achieved a referral plan is developed between the candidate and the instructor. If a candidate misses the class when the assessment is conducted they are responsible to make alternative arrangements with the instructor to complete the assessment. Alternative arrangements are available for individuals who have a documented disability which would inhibit them from participating in this assessment. To date there have been no candidate's that have been unable to participate in the fitness assessment. The aerobic run is conducted on the indoor track on campus, the strength/endurance and flexibility assessments are conducted in the gymnasium, and the body composition assessment is conducted in the exercise physiology lab. The instructor supervises all assessments and records all data. The instructor enters all data into the website and runs reports on each candidate. The instructor shares the results of the fitness test with the candidate's and when necessary will have a meeting to discuss the results and plan a program for improvement.

I. Aerobic Fitness:

Candidates must run 1.5 miles. This assessment is conducted at the indoor track on campus. Candidates count laps for each other but the official time is kept by the instructor.

II. Muscular Strength and Endurance

Half sit up – partner counts, instructor monitors the time

a. Lie face-up on mat or rug with knees at a right angle (that is, 90º) and feet flat on the ground. The feet are not held down.

b. Place hands palms facing down on the mat or rug with the fingers touching the first piece of tape.

c. Flatten your lower back to the mat or rug, and half sit-up so that your fingers move from the first piece of tape to the second. Then return your shoulders to the mat or rug and repeat the movement as described. Your head does not have to touch the surface. Keep
your lower back flat on the mat or rug during the movements – if you arch your back, it can cause injury.

d. Your partner will count the number of half sit-ups performed in one minute. Pace yourself so you can do half sit-ups for one minute.
e. Record your results.

Standard or Modified Push Up – partners count, instructor monitors the participants and records the scores

a. Males start in the standard push-up position (elevated). Hands should be shoulder width apart, arms extended straight out under the shoulders, back and legs in a straight line, and toes curled under. Females do a modified push-up with knees bent and touching the floor. Starting in the up position, hands should be slightly ahead of the shoulders so hands are in the proper position for the downward motion.
b. Lower until the chest is about 2 inches from the floor and rise up again.
c. Perform the test until you cannot complete any more push-ups while keeping your back straight and, if you are a male, keeping the legs straight as well. The key to completing the test properly is to maintain a rigid position and keep the back flat. If necessary, you can take a brief rest in the up position (not lying on the floor).
d. Record your results.

III. Flexibility – Sit and Reach Test – instructor conducts this assessment on each candidate

a. Perform a series of static stretches. These stretches should focus on stretching the trunk and legs. Following the stretches, you may also want to do some brisk walking.
b. Place a yardstick on the floor and put a long piece of masking tape over the 15 inch mark at a right angle to the yardstick.
c. Remove your shoes and sit on the floor with the yardstick between the legs (0 mark close to your crotch), with your feet about 12 inches apart. Heels should be at the 14 inch mark at the start of the stretch to account for the fact that the legs tend to move forward when performing the stretch.
d. With the fingertips in contact with the yardstick, slowly stretch forward with both hands as far as possible noting where the fingertips are to the closest inch. Exhaling when you stretch forward and dropping the head may allow you to stretch a bit further. Do not use fast and sudden motions, which can injure your hamstring muscles.
e. Perform the stretch three times with a few seconds of rest between stretches.
f. Record the best measurement.

IV. Body Composition

Body Mass Index (BMI): BMI is a number that is based on a person's weight and height. It can be used to identify people at risk for some health problems. Higher BMI values indicate greater weight per unit of height.

BMI is related to the risk of disease and death. The score is valid for both men and women, but it does have some limitations,

• 1. It may overestimate body fat in athletes and others who have a muscular build, and
• 2. It may underestimate body fat in older persons and others who have lost muscle mass.

Waist Circumference can serve as another indicator for some health risks for individuals who may have a BMI classification of normal or overweight (a BMI score between 18.5 and 29.9). A high waist circumference is associated with an increased risk for type 2 diabetes, elevated blood lipids (fats like cholesterol and triglycerides), hypertension, and cardiovascular disease in patients with a BMI between 25 and 34.9. Recording changes over time in waist circumference is important since it can change even when body weight remains the same.

All data from the 4 assessments are inputted into a data form located at http://www.adultfitnesstest.org/dataEntry.aspx
Data Entry Form:

PERSONAL INFORMATION
1. State *  -- Select a State --
2. Gender *  male  female
3. Age *  yrs

AEROBIC FITNESS
Must enter either a 1-mile walk time and heart rate or enter a 1.5-mile run time.
1. 1-Mile Walk Time minutes seconds Heart Rate (after walk) beats per minute
    Weight lbs * required for result calculation
2. OR
3. 1.5-Mile Run Time minutes seconds

MUSCULAR STRENGTH
1. Half Sit-Ups  (in one minute)
2. Push-Ups

FLEXIBILITY
1. Sit and Reach inches

BODY COMPOSITION

BMI/BODY MASS INDEX
1. Enter height in feet AND inches. Enter all fields for a calculation.
    Height feet inches
2. Weight lbs
3. Waist Measurement inches
Rubric for results of fitness test

The program has determined the following are levels of performance for candidates. This rubric is applied to each of the fitness components evaluated in this fitness test. The determination of “average” ranking is determined by the standardized test which is criterion referenced.

<table>
<thead>
<tr>
<th>Unacceptable</th>
<th>Acceptable</th>
<th>Target</th>
</tr>
</thead>
<tbody>
<tr>
<td>Candidate will meet the average absolute ranking in at least 2 out of the 4 fitness component assessed</td>
<td>Candidate will meet the average absolute ranking in 3 out of the 4 fitness component assessed.</td>
<td>Candidate will meet the above average absolute ranking in 4 out of the 4 fitness component assessed</td>
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