

Physical Fitness Study Guide

Fitness Tests

1. **Sit and Reach-** The sit and reach test stretches and measures the flexibility of the lower back muscles and the hamstring muscle. Dynamic Stretching is active stretching and is used to prepare the muscles for activity. Stretching in a slow, constant manner to improve flexibility is called static stretching. It is best to stretch after the body warms up to improve flexibility. Flexibility can be improved by stretching 3-7 times per week and gradually increasing the time you hold the stretch. Holding a stretching position for 10-15 seconds will help improve your flexibility. The overload principle applies to flexibility as well as weight lifting. To improve your flexibility, you must stretch your muscles longer than normal.
2. **Mile Run or Pacer Test-** The mile run or the pacer test measures cardiovascular endurance. A cardiovascular endurance (efficiency) workout is intended to improve lung and heart efficiency.
3. **Sit Up Test-** The sit up assessment test measures the muscular strength and endurance of the abdominal muscles.
4. **Push Up Test-** The push up test measures upper body strength. A 90-degree push-up means that your hips form a 90-degree angle with your feet.
5. **Shuttle Run-** The shuttle run test measures agility.
6. **Body Composition-** When using the body composition analyzer machine, you are testing for the amount of body fat in your body. To determine your ideal or goal weight, you should consider your percentage of body fat, not just height, weight and age. Your body fat assessment is a better indicator of your physical fitness level than your scale weight.

Health Fitness Club

1. **Spinning (riding stationary bike)** improves your cardiovascular endurance (efficiency)
2. **Run-Walk** improves your cardiovascular endurance (efficiency)
3. **Body Pump** offers a high repetition, low weight workout to improve your muscular endurance. Each time you execute a lift in body pump it is called a repetition.

Cardiovascular Endurance (Efficiency)- Cardiovascular fitness is the most important form of fitness. It is the ability of the heart, lungs, and blood vessels to function efficiently. Working out to improve lung and heart efficiency is called a cardiovascular workout. This can also be called an aerobic workout. The word aerobic means “with oxygen”. Continuous aerobic activity for 20 minutes or longer can improve your cardiovascular endurance. Spinning and Run/walk are designed to improve your cardiovascular endurance.