



The Physical Fitness Tests


Objectives

- ▶ To determine the level of fitness of students.
 - ▶ To identify strengths and weaknesses for development/improvement
 - ▶ To provide a baseline data for selection of physical activities for enhancement of health and skill performance.
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Objectives

- ▶ To gather data for the development of norms and standards.
 - ▶ To motivate, guide and counsel students in selecting sports for recreation, competition and lifetime participation.
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Test Protocol

- ▶ Explain the purpose and benefits that can be derived from the physical fitness tests.
 - ▶ Administer the tests at the beginning of the school year and on a quarterly basis, thereafter, to monitor improvement.
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Test Protocol


- ▶ Testing paraphernalia:
 - First Aid Kit
 - Drinking Water (instruct students to bring their drinking bottles and a small towel or *bimpo* to wipe their perpiration)
 - Individual score cards
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Test Protocol

- ▶ Equipment Needed
 - Tape measure/Meter stick – Body composition, Flexibility, Power, Agility
 - Weighing/bathroom scale – Body composition
 - L-square/spirit level – Body composition
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Test Protocol

▶ Equipment Need


- Stop watch - Cardiovascular endurance, Speed, Balance
 - Step Box/stairs - Cardiovascular endurance
 - Mat – Muscular strength
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Test Protocol


▶ Equipment Need

- Masking tape/chalk – Agility
 - Plastic Ruler – Reaction Time
 - Sipa (washer with straw)/20 pcs. bundled rubber bands/any similar local materials – Coordination
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Prior to Actual Day of Testing

- ▶ The testing stations should be safe and free from obstructions.
 - ▶ The same equipment and testing stations should be used in the start-of-the-year testing and subsequent quarterly testing.
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Prior to Actual Day of Testing

- ▶ With the guidance of the teachers, allow students to go through the various tests with minimal effort exerted to familiarize themselves with testing procedures.
 - ▶ The tests requiring cardio-vascular endurance and those other tests which involve the same muscle groups should not be taken in succession. See suggested sequence of administering the tests.
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Prior to Actual Day of Testing

- ▶ Student record and keep the result of his own performance in the score card. The school may include the results of the tests in the school's Enhanced Basic Education Information System (EBEIS)/Learner's Information System (LIS)/Educational Management Information System (EMIS).

Prior to Actual Day of Testing

- ▶ The students shall be grouped together and in pairs (buddy system).
 - ▶ The students should wear appropriate clothing: t-shirt, jogging pants, rubber shoes, or any suitable sports attire. However, when taking the BMI test, it is recommended that the students wear shorts. In all testing for the BMI, the same or similar clothing should be worn by students. Wearing different clothing in all the testing sessions for BMI could affect the results.
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Prior to Actual Day of Testing

- ▶ Conduct warm-up and stretching exercises before the tests except for the 3-Minute Step Test.
 - ▶ Administer the tests in a challenging, encouraging, and fun-filled environment.
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Suggested Sequence of Tests

Day 1	Day 2	Day 3
BMI	Basic Plank	Hexagon Agility Test
3 minute step test	40 meter sprint	Juggling
	Push up	Standing Long Jump
	Stick Drop Test	Stork Balance
	Sit and Reach	Zipper Test

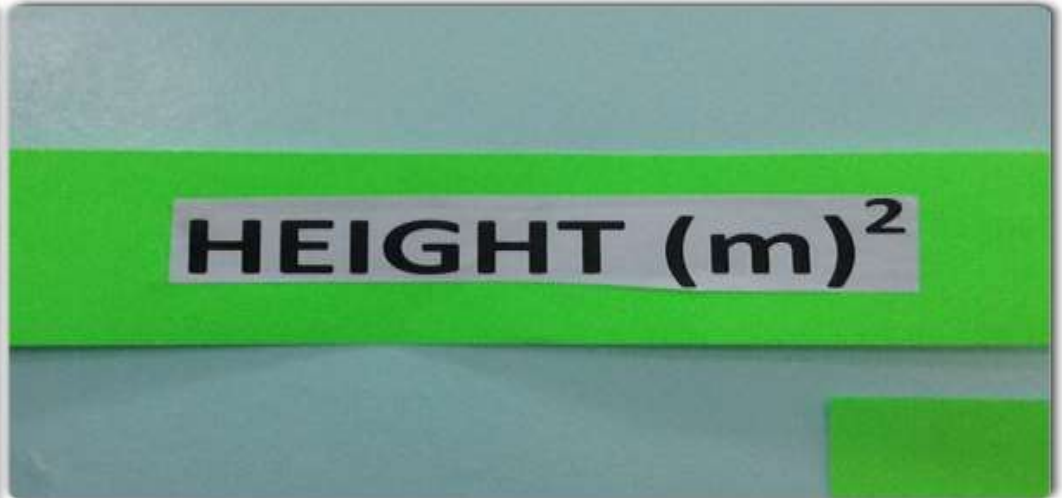
Body Mass Index

- ▶ Body Composition is the body's relative amount of fat to fat-free mass.
- ▶ Formula:

$$\frac{\text{Weight (kilograms)}}{\text{Height (meters)}^2}$$

Classification	
Below 18.5	Underweight
18.5 - 24.9	Normal
25.0 - 29.9	Overweight
30.0 above	Obese

Body Mass Index



Body Mass Index

WEIGHT (kg)



Body Mass Index



Body Mass Index



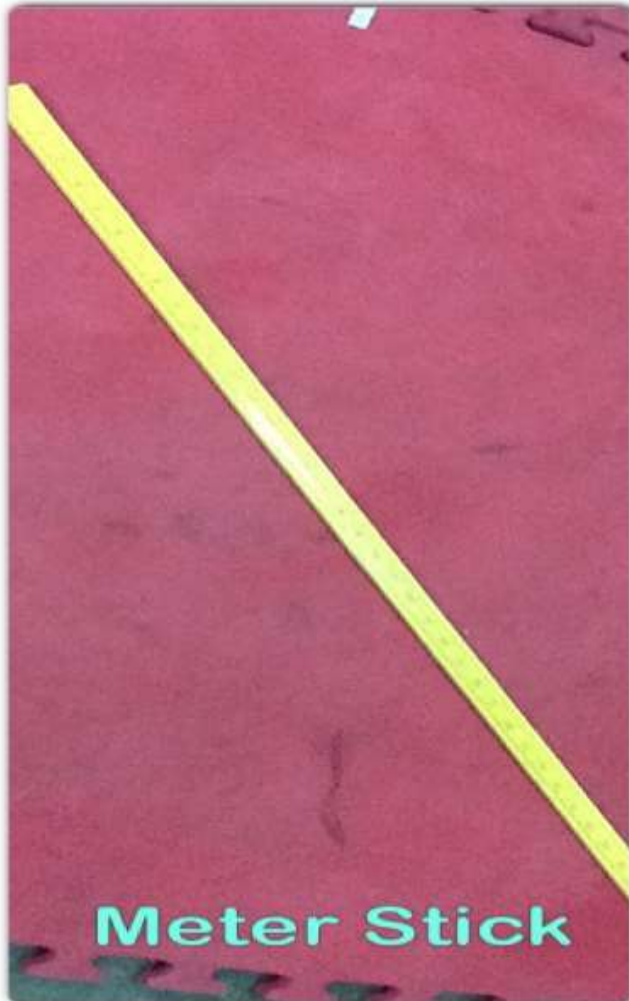
Weight
(kilograms)

Zipper Test

- ▶ To test the flexibility of the shoulder girdle



Sit and Reach



Sit and Reach

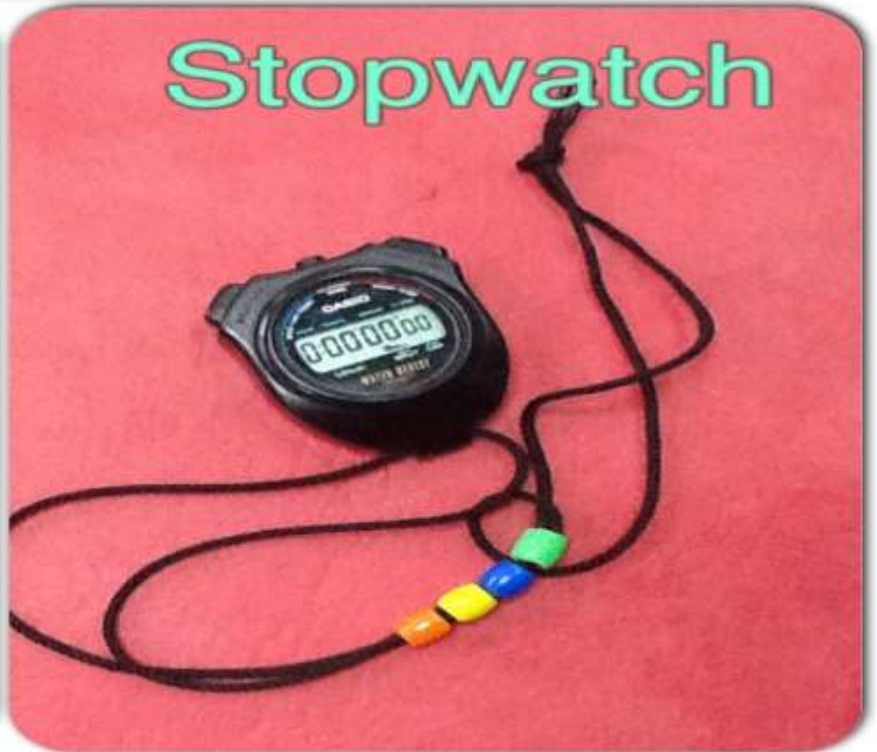
- ▶ To test the flexibility of the hamstring



Sit and Reach

3 Minute Step Test

3 minutes Step Test



3 Minute Step Test

- To measure cardiovascular endurance.

- 3:00 min. - do the activity
- 3:05 min - locate the pulse within 5 sec.
- 3:15 - get the pulse rate
- 4:00 - get the recovery HR



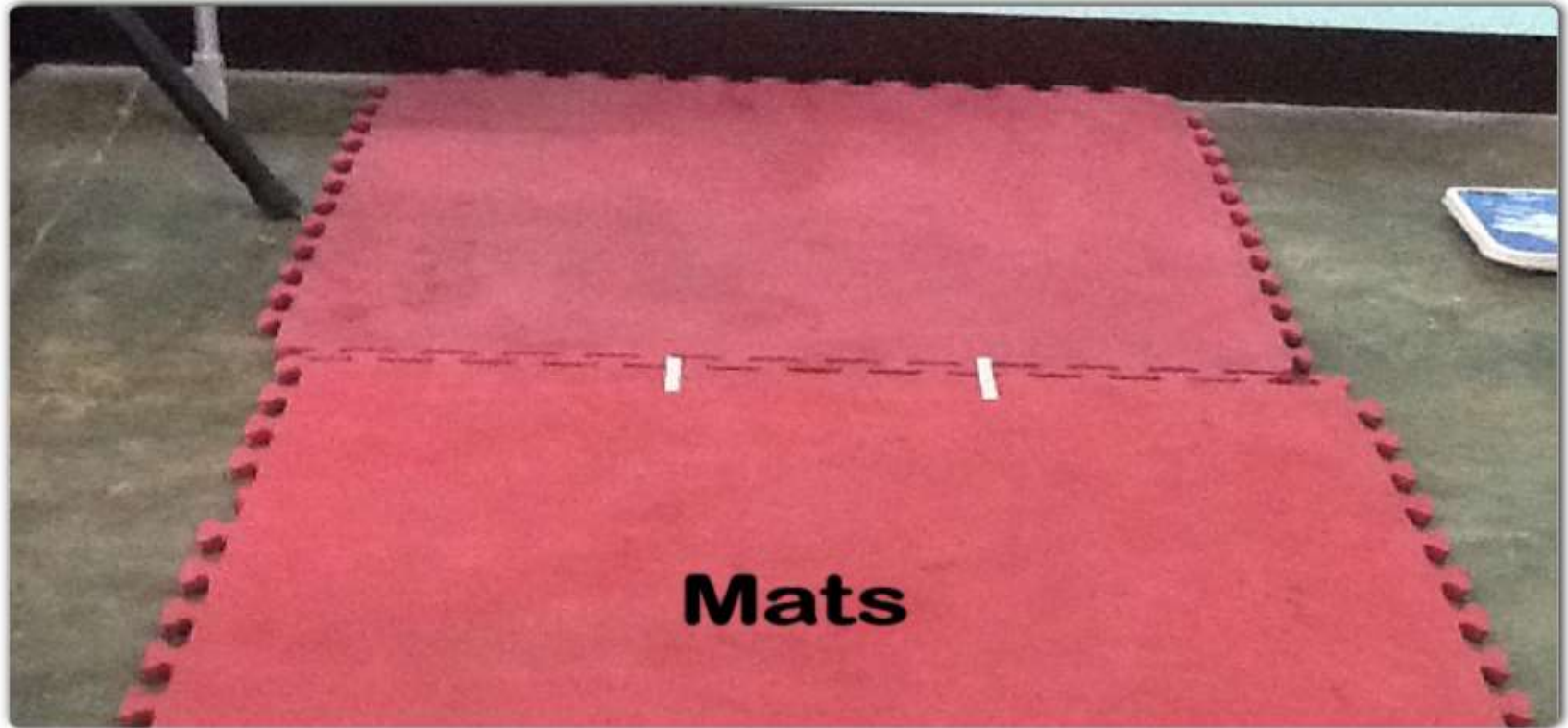
Push Up

- ▶ To measure strength of the upper extremities



Basic Plank

BASIC PLANK



Basic Plank

- ▶ To measure strength/stability of the core muscles



40 meter sprint

- ▶ To measure running speed



Standing Long Jump

Standing Long Jump



Ruler



Meter Stick

Standing Long Jump

- ▶ To measure the explosive strength and power of the leg muscles



Hexagon Agility Test

**HEXAGON AGILITY
TEST**

Hexagon



Stopwatch

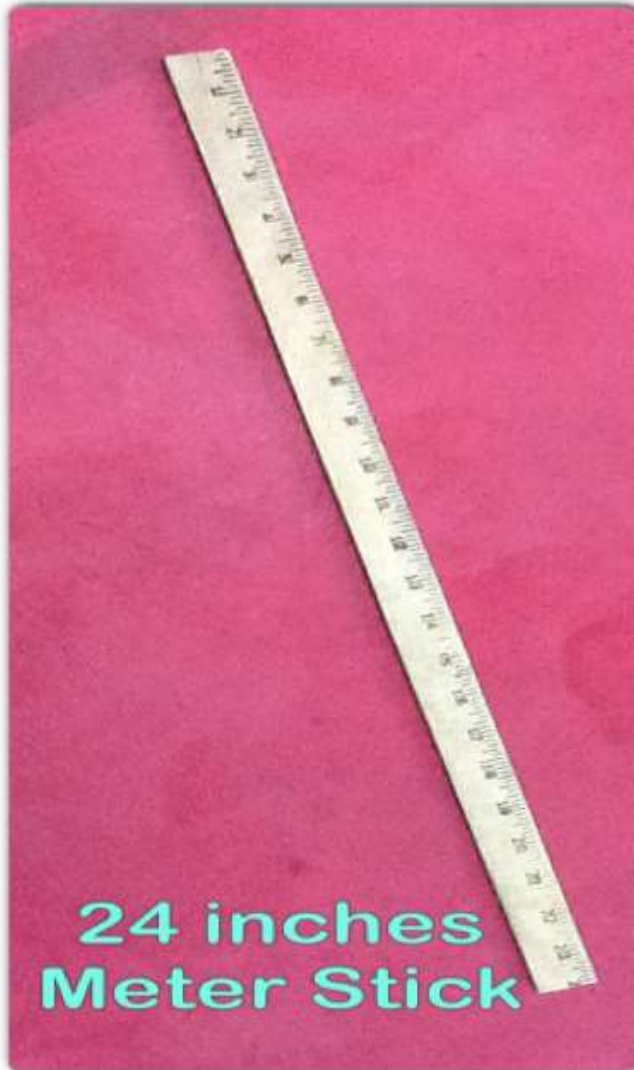
Hexagon Agility Test

- ▶ To measure the ability of the body to move in different directions quickly



Hexagon Agility Test

Stick Drop Test



Stick Drop Test

- ▶ To measure the time to respond to a stimulus



Stick Drop Test

Juggling Test

JUGGLING TEST



Washer with
Straw

Juggling Test

- ▶ To measure the coordination of the eye and hand



Stork Balance Stand Test

- ▶ To assess one's ability to maintain equilibrium

Video Presentation of the Tests

