

# Physical Fitness Assessment Battery Testing



**Verbal Scripts**

**Sit Up Test**

**300 Meter Run**

**Push Up Test**

**1.5 Mile Run**

## Verbal Script for the Sit-Up Test

- This is the One Minute Sit-Up Test which measures muscular endurance of the abdominals.
- The test will count the number of correct sit ups completed in one minute.
- To start the test you will be lying on the ground with your knees bent, feet flat on the floor.
- Hands interlaced and held behind the head
- The neck should remain in a neutral position without pulling on the head. A partner will hold your feet firmly with his/her hands.
- The up position is obtained when the elbows touch the knees.
- The down position is obtained when the shoulder blades touch the floor.
- During the test if it is necessary to rest, you may only rest in the up position, maintaining the hands behind the head.
- Breathing during the test should be as normal as possible. At no time should you hold your breath.
- A correct sit up will be counted each time the up position is met while maintaining proper form. The number will be recorded in the “down” position.
- If at any time the described form is broken by raising the buttocks, unlocking the hands, failing to touch the knee or break the plane of the knee, the incorrect sit up will not be counted.
- After hearing these instructions, do you see any medical reason you cannot or should not complete this test or do you have any questions about the instructions?
- Please move to the starting position and wait for a signal to begin.

*Equipment: Stopwatch, soft surface or mats, test forms to record data*

## **Verbal Script for the 300 Meter Run Test**

- This is a 300 Meter Run Test which measures anaerobic power.
- Prior to the test, you should warm-up per your normal training regimen. To begin the test, you will gather at the starting line. At the signal, begin to run as fast as possible until you reach the finish line.
- During the test pacing devices, external assistance, or devices that impair individuals from hearing will be prohibited.
- As you cross the finish line your time will be recorded in minutes and seconds.
- After finishing this test, continue to walk slowly for 3-5 minutes to cool-down. Do not stop moving.
- If at any time members run astray of the described course, utilize any external assistance, or any deviation from protocol, then the test will be terminated, and the results will not be recorded. If you feel any distress during or after the test, then inform the test administrator and do not continue the test.
- After hearing these instructions, do you see any medical reason you cannot or should not complete this test or do you have any questions about the instructions?
- Please move to the starting position and wait for a signal to begin.

*Equipment: Stopwatches, accurately measured course of 300 meters that is flat and allows visibility of the entire course by the administrator, test forms to record data.*

## **Verbal Script for the One Minute Push-Up Test**

- This is the 1 Minute Push-Up test to measure muscular endurance of the upper body, specifically the anterior deltoids, pectoralis major and the triceps.
- The test will count the number of correct push-ups completed in 1 minute. The positioning for the full push-up test is as follows;
- Prior to beginning the test, you will lie on the ground face down, feet together, hands slightly wider than shoulder width apart, fingers pointed forward.
- The body will form a straight line from the ankles, through the knees, hips, back and shoulders to the head.
- To start the test you will be in the up plank position where the body forms a straight line from head to ankles with the head in a neutral position, arms at a soft extension and feet together.
- The test administrator or partner will place his/her fist or measuring device under chest in the middle of the sternum to verify that the down position has been obtained. If testing females, a 3-inch sponge/measuring device will be used in place of the fist.
- If it is necessary to rest during the test, you must rest in the “up” position with arms extended without placing a knee/lower leg down onto the mat and must return to the proper up plank position where the body forms a straight line from head to the ankles with the head in a neutral position and the arms at a soft extension with feet together.
- Breathing during the test should remain as normal as possible by exhaling on the way up and inhaling on the way down. At no time should you hold your breath.
- A correct push-up will be counted each time the planked body is lowered from the up position to the down position where the chest touches the fist or sponge and returns to the up position while maintaining the proper form.

- Correct push-ups will be indicated by a counter announcing the number completed or they will indicate why not counted.
- If at any time the form is broken by raising or piking the buttocks, sagging the midsection of the body, arching the back, lifting a hand or foot, not going all the way down or up, lifting the neck, or any deviation from protocol, then the incorrect push-up(s) will not be counted. If the continued incorrect form is deemed unsafe to your health, then the test may be terminated.
- After hearing these instructions, do you see any medical reason you cannot or should not complete this test or do you have any questions about the instructions?
- Please move to the starting position and wait for a signal to begin.

*Equipment: Stopwatch, 3-inch sponge/measuring device, digital push up reader, testing form to record data*

## **Verbal Script for the 1.5 Mile Run Test**

- This is the 1.5 Mile Run Test, which provides an estimate of cardiorespiratory fitness level.
- The test will measure the time required to run 1.5 miles.
- Prior to the test you should warm up per your normal routine.
- To start the test, you will gather at the starting line. At the signal, begin to run as fast as possible until you reach the finish line or complete the correct numbers of laps. The correct number of laps is \_\_\_\_\_ {Insert number of laps}.
- During the test, pacing devices, external assistance or devices that impair the individuals from hearing instructions will be prohibited. Lap times will be provided during the test if running on a track.
- As you cross the finish line your time will be recorded in minutes and seconds. The finish time will be used to estimate your cardiorespiratory fitness level.
- After finishing the test continue to walk slowly for 5 minutes to cool down. Do not stop moving.
- If at any time members run astray of the described course, utilize any external assistance, or any deviation from protocol, then the test will be terminated, and the results will not be recorded. If you feel any distress during or after the test, then inform the test administrator and do not continue the test.
- After hearing these instructions, do you see any medical reason you cannot or should not complete this test or do you have any questions about the instructions?
- Please move to the starting position and wait for a signal to begin.

*Equipment: Stopwatch(s), accurately measured course of 1.5 miles that is relatively flat and fully visible by an administrator, test forms to record data.*