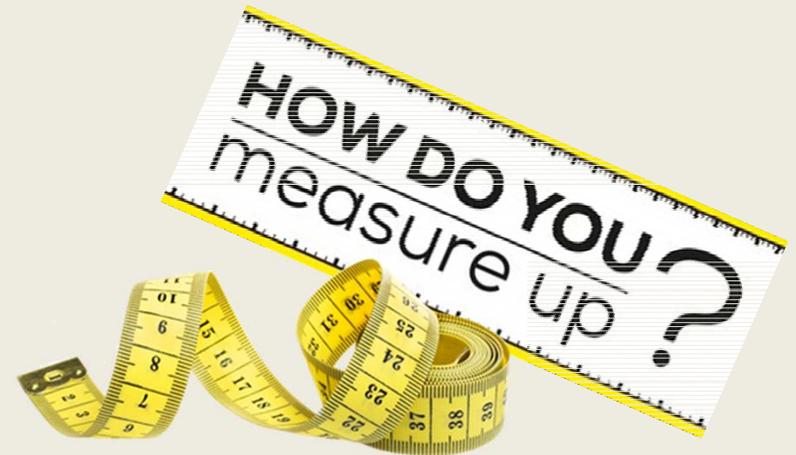


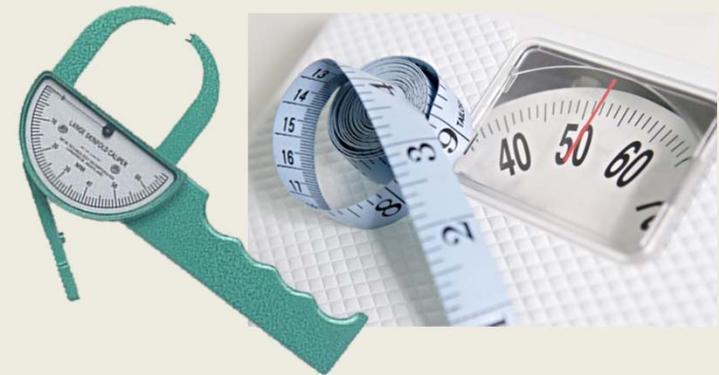
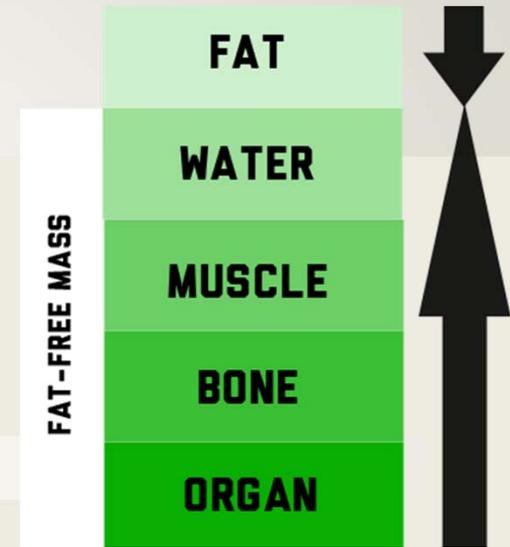


PHYSICAL FITNESS TESTS



BODY COMPOSITION

- ❖ **Body composition** is the relative proportions of fat and lean mass (i.e. bones, tissue, organs, muscle, water).
- ❖ **Body composition can be measured in a variety of techniques:**
 - BMI (body mass index)
 - Waist measurements
 - Skinfolds
 - Bioelectrical impedance



MUSCULAR STRENGTH



- ❖ **Muscular Strength** is the maximal force that can be generated by a specific muscle.
- ❖ A popular method used to measure muscle strength is determining the maximal weight that can be lifted for **one repetition**.



- 1-repetition maximum bench press
- 1-repetition maximum leg press

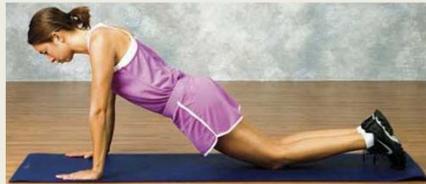


MUSCULAR ENDURANCE

- ❖ **Muscular Endurance** is a muscles ability to execute repeated movements over a period of time.

Common Assessments:

- **Push-Up Test:** The maximal number of push-ups performed consecutively without rest. Males perform on the toes, while females perform in the modified position.
- **Partial Curl-Up Test:** Crunches are performed in a slow and controlled manner using a metronome for 1 minute.



CARDIOVASCULAR ENDURANCE



- ❖ **Cardiovascular Endurance** is the ability to perform large-muscle, total body exercises at moderate to high intensities for an extended period of time.
- ❖ A popular method used to estimate cardiovascular endurance is **submaximal testing**.
 - Submaximal Treadmill Test
 - YMCA 3 Minute Step Test

FLEXIBILITY

- ❖ **Flexibility** is the functional capacity of the joints to move through a full range of motion (ROM).
- ❖ These flexibility tests help activities of daily living (ADL's) and athletic performance:
 - **Sit & Reach** - Measures the flexibility of the lower back and hamstring muscles.
 - **Shoulder Reach** – Used to test the flexibility of the shoulder joint.



INTERESTED IN CHECKING YOUR FITNESS LEVELS?

- ❖ Take advantage of the **complimentary** services at your Fitness Center.
- ❖ ***Learn what your health and fitness measurements are today!***

**Schedule
Appointment**



SCHEDULE YOURS NOW!

RESOURCES

- ❖ Earle, Roger W., and Thomas R. Baechle. *NSCA's Essentials of Personal Training*. Human Kinetics, 2004.
- ❖ Howley, Edward T., and Dixie L. Thompson. *Fitness Professional's Handbook*. Human Kinetics, 2017.
- ❖ www.ideafit.com/fitness-library/muscular-fitness-tests
- ❖ <http://www.acsm.org/public-information/articles/2016/10/07/getting-a-professional-fitness-assessment>