

**LIFE FITNESS TEST OUT CLASS 2023-24
ALTA H.S.- MRS. REES**

Registration:

- Register with your counselor
- \$35 fee is paid in the main office- bring forms and receipt to first day of class

Classes held: Always on Wednesdays unless noted.

1. June 5,6,7,8 (2023)
2. September 6,13,20,27
3. November 1,8,15,22* (Mon)
4. January 3,10,17,24
4. March 6,13,20,27
6. May 1,8,13(Mon), 15(Wed)

***Summer class will be meeting in room #1303 from 12:00 -12:30 p.m. except on Wednesday. This class should last about 1-1 ½ hours.**

We need a minimum of 10 students to run each summer class, or it can be cancelled.

Requirements:

DAY 1: Meet in room #1303 at 2:35 for information and vocabulary and forms.

DAY 2: Take written test and turn in a 3-day exercise & food diary. (Summer sessions can turn in their food diary on day 4)

DAY 3: Take the physical test: Run 1.5 miles, sit-ups, flexibility, & shoulder strength.

DAY 4: Make-up day for any previous days missed.

This is a Pass/NG class. You are receiving an entire semester credit if you pass. A student may not miss any portion of the class to receive credit. If the written test, 3-day exercise and food diary, or physical tests are not successfully completed by the make-up day, the student must repeat the entire testing process (including the registration fee) when the class is offered again.

Fitness Test – Point Break down
Cardiovascular: 1 ½ mile run 70 points
YOU MUST HAVE 110/130 TO PASS.

<u>Girls</u>	<u>Points</u>	<u>Boys</u>
14:00 minutes	70	10:45
14:15 minutes	65	11:03
14:30	60	11:18
14:45	55	11:33
15:00	50	11:48

Abdominal Strength/Endurance Sit-ups 20 pts. (not crunches)

<u>Girls</u>	<u>Points</u>	<u>Boys</u>
39	20	48
38	18	47
37	16	46
36	14	45
35	12	44
34	10	43
33	8	42
32	6	41
31	4	40
30	2	39

Arm and Shoulder Strength flexed arm hang (girls)
Pull-ups (boys) 20pts

<u>Girls</u>	<u>Points</u>	<u>Boys</u>
14 Seconds	20	9
13	18	8
12	16	7
11	14	6
10	12	5
9	10	4
8	8	3
7	6	2
6	4	1

Flexibility: Sit and Reach 20 pts.

<u>Girls</u>	<u>Points</u>	<u>Boys</u>
35cm	20	30cm
33cm	15	28cm
31cm	10	26cm
29cm	5	24cm