**LIFE FITNESS TEST OUT CLASS 2018-19**

**ALTA H.S.- MRS. REES**

**Registration:**

* Register with your counselor
* $35 fee is paid in the main office

**Classes held:**

**\*Summer class will be meeting in room #1303 from 10:00 -10:40 a.m. except on Wed. This class should last about 1-1 ½ hours.**

We need a minimum of 10 students to run each summer class.

1. June ,18,19,20,21 **(2018)**

2. September 5,12,19,26

3. November 7,14,20\*Tuesday,28

4. January 9, 16,23,30

4. March 6, 13, 20, 27

6. May 1, 8, 15, 22

**Requirements:**

DAY 1: Meet in room #1303 (except summer) at 2:35 for information and vocabulary.

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. 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.**

Girls Points Boys

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)**

Girls Points Boys

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**

Girls Points Boys

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.**

Girls Points Boys

35cm 20 30cm

33cm 15 28cm

31cm 10 26cm

29cm 5 24cm