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.
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.
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.
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
Test Protocol

Equipment Needed

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

- Equipment Need
  - Stop watch - Cardiovascular endurance, Speed, Balance
  - Step Box/stairs - Cardiovascular endurance
  - Mat – Muscular strength
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
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.
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.
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.
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.
## Suggested Sequence of Tests

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>BMI</td>
<td>Basic Plank</td>
<td>Hexagon Agility Test</td>
</tr>
<tr>
<td>3 minute step test</td>
<td>40 meter sprint</td>
<td>Juggling</td>
</tr>
<tr>
<td></td>
<td>Push up</td>
<td>Standing Long Jump</td>
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<tr>
<td></td>
<td>Stick Drop Test</td>
<td>Stork Balance</td>
</tr>
<tr>
<td></td>
<td>Sit and Reach</td>
<td>Zipper Test</td>
</tr>
</tbody>
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Body Mass Index

- Body Composition is the body’s relative amount of fat to fat-free mass.

- Formula:
  \[
  \text{BMI} = \frac{\text{Weight (kilograms)}}{\text{Height (meters)}^2}
  \]

<table>
<thead>
<tr>
<th>Classification</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Below 18.5</td>
<td>Underweight</td>
</tr>
<tr>
<td>18.5 – 24.9</td>
<td>Normal</td>
</tr>
<tr>
<td>25.0 – 29.9</td>
<td>Overweight</td>
</tr>
<tr>
<td>30.0 above</td>
<td>Obese</td>
</tr>
</tbody>
</table>
Body Mass Index

Meter Stick

Spirit level

HEIGHT (m)^2
Body Mass Index

WEIGHT (kg)

Weighing Scale
Body Mass Index

Height (meters)
Body Mass Index

Weight (kilograms)
Zipper Test

- To test the flexibility of the shoulder girdle
Sit and Reach

Meter Stick

SIT AND REACH

Mats
Sit and Reach

- To test the flexibility of the hamstring
3 Minute Step Test

3 minutes Step Test

12 inches Block

Stopwatch
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

Mats
Basic Plank

To measure strength/stability of the core muscles
40 meter sprint

- To measure running speed
Standing Long Jump

Ruler

Meter Stick
Standing Long Jump

- To measure the explosive strength and power of the leg muscles
Hexagon Agility Test

Hexagon

Stopwatch
To measure the ability of the body to move in different directions quickly.
Stick Drop Test

24 inches Meter Stick

Table
To measure the time to respond to a stimulus
Juggling Test

JUGGLING TEST

Washer with Straw
Juggling Test

- To measure the coordination of the eye and hand
To assess one’s ability to maintain equilibrium
Video Presentation of the Tests