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| **Component of Health-related Fitness** | **Definition** | **Fitness Test** |
| Aerobic Capacity | The ability to perform large muscle, high intensity exercise for prolonged periods. | * PACER |
| Muscular Strength | The ability of the muscles to exert an external force. | * Pull-ups * Curl-ups * Trunk lift |
| Muscular Endurance | The ability of muscles to exert themselves repeatedly. |
| Flexibility | The range of motion available in a joint. | * Back-Saver Sit and Reach * Shoulder Stretch |
| Body Composition | The relative percentage of muscles, fat, bone and other tissues that comprise the body. | * BMI * Weight / Height |

**PACER**

* Progressive Aerobic Cardiovascular Endurance Run
* Objective: Run as long as possible back and forth across a 20 meter distance to a specified pace which gets faster every minute
* Measures cardiovascular endurance
* Easy at the beginning and gets harder
* Possible error
  + Student does not reach the other side before the beep sounds
* Allowed 2 errors
* Exercise to help improve
  + Any cardiovascular exercise
    - Running, jumping jacks, jump rope, sports, etc.

**Curl ups**

* Objective: To complete as many curl ups as possible to the cadence
* Measures abdominal strength and endurance
* Ready position: Lie on the floor, knees bent, feet flat on the floor, palms facing down, fingers in line with the edge of the strip, head resting on the floor
* Student rises slowly and slides fingers across the floor to the other edge of the strip
* Possible form breaks
  + Heels are no longer in contact with the floor
  + Head does not touch the floor after the down cadence
  + If the student stops and rests
  + When the fingers do not touch the other edge of the strip
* Allowed 2 errors

**Push ups**

* Objective: To complete as many push ups as possible to the cadence
* Measures upper body strength and endurance
* Build the bicep and tricep muscles
* Possible form breaks
  + Arms do not bend to a 90 degree angle in the down position
  + Arms are not fully extended in the up position
  + Back is not kept in a straight line
  + Legs or stomach touch the floor
  + Resting during the test
* Allowed 2 errors

**Shoulder Stretch**

* Objective: Grasp the fingers together behind the back by reaching over the shoulder and under the elbow
* Measures upper arm and shoulder flexibility
* Stretches to help improve
  + Tricep Stretch
  + Bicep Stretch

**Trunk Lift**

* Objective: To lift the upper body off the floor up to a maximum of 12 inches using the muscles of the back and holding the position to allow for measurement
* Measures trunk extensor strength and flexibility
* Ready position: Lie down face down flat on the mat, toes pointed, hands next to your legs, palms facing up
* Movement is slow and controlled
* Possible form breaks
  + Feet are lifted off the floor
  + Eyes are not fixated on the floor or object when trunk is lifted

Exercises to help improve

* + Curl ups
  + Pretzel Stretch

**Back Saver Sit and Reach**

* Objective: To able to reach as far as possible on both the right and left side of the body to a maximum of 12 inches
* Measures flexibility of the hamstring muscles
* Ready position: Shoes removed, foot placed flat against measuring surface, leg fully extended, the bottom of the other foot is placed flat on the floor next to the knee a fist distance away, arms extended forward with one hand directly the other, facing down
* Reach forward slowly 4 times, holding the 4th stretch long enough so the examiner can read and record the distance
* Possible errors
  + The knee of the measuring leg is not fully extended
  + The foot of the non-measuring leg does not stay flat on the floor
  + Hands do not reach forward evenly
* Stretches to help improve
  + Hurdle Stretch
  + Pretzel Stretch

**Flag Football**

* Players rushing the quarterback must count to 5 Mississippi before rushing in.
* Flags cannot be worn under the shirts where it is difficult to reach.
* Stiff arming another player is unsafe and permitted in flag football.
* To grip the ball, your fingertips should cover the strings on the back of the football.
* The defensive team is the team trying to prevent a score.
* The offensive team is the team trying to score.
* Touchdown - An act of carrying, receiving, or gaining possession of the
* ball across the opponent's goal line for a score of six points.
* Safety - Is worth two (2) points
* Punt - Kicking the football to the opposing team so as to limit any field position advantage.
* A Touchdown is worth 6 points.
* A kickoff is the method of starting the game or a drive.
* An imaginary line crossing the field which both offensive and defensive players cannot cross until the football is snapped is the line of scrimmage.
* A pass that is made beyond the line of scrimmage is called a forward pass.