

## Testing Procedures

Test	Procedures
Push-ups	Each student will have a partner of the same sex count the correct number of push-ups as they perform this test. The student counting will place one of their fists underneath the chest of the person taking the test. The student performing the test will start in the up position with their hands shoulder-width apart and elbows fully extended. Males shall be on hands and toes only. Females shall place their knees on the deck and position hands slightly forward of the shoulders. For proper push-ups to be completed, lower the body until the chest touches the counter's fist, and then return to the up position. In the up position the elbows must be fully extended. Push-ups not properly performed shall not be counted (i.e., back is not kept straight, chest does not touch the counter's fist, or elbows are not fully extended in the up position).
Sit-ups	Each student will have a partner hold his or her feet and count the correct number of sit-ups for this test. The student performing the test will lie on their back with knees bent so that the buttocks are approximately 12-18 inches away from their heels and feet flat on the deck at all times. The fingers should be placed loosely on the side of the head around the ears. The hands may not come off the side of the head. For a proper sit-up to be completed, the student must come up and touch their knees with their elbows, then return to the down position with shoulder blades touching the deck. The student performing the test is allowed to rest in the up position only. Sit-ups not properly performed shall not be counted (i.e., buttocks leave the deck, the hands leave the head, or the elbows do not touch the knees).
Sit and Reach (Boat Crew Quals)	Each student will be given ample time to stretch before performing this test. Using a Figure Finder Flex-Tester, the student must reach the specified distance for their age bracket stated in the physical fitness standards table. The student shall remove their shoes for this test and place their feet together flat against the front of the Figure Finder Flex-Tester. For this test to be properly performed, the student will place one hand on top of the other with fingers extended, lean forward, and push the measuring bar as far forward as they can while keeping their knees straight (another student may hold their knees flat against the deck). The student will be instructed to reach out in a slow steady manner without lunging while exhaling as they stretch. Each student will be given three tries to complete this test. Reaches not properly performed shall not count (i.e., knees not straight or lunging forward).
1.5 Mile Run	Each student will be given ample time to stretch before completing this test. The students will be forewarned to pace themselves and to not run to complete exhaustion. At the end of the test each student will be directed to walk for a few minutes to properly cool down and recover. A Fitness Team member will thoroughly explain the course to the students prior to the start. Additionally, there will be at least three Fitness Team members running the course near the front, back, and middle of the group of students. This test will not normally be performed in foul weather or when the temperature is below 40 degrees Fahrenheit unless the Fitness Team Leader approves.
12- Minute Swim	Any student who wishes to perform this test must inform their Class Advisor who will contact the Fitness Team Leader. The Fitness Team Leader is responsible for arranging a date and time for this test and for ensuring a lifeguard is present. The student will be required to swim the correct number of laps in order to meet the requirements stated in the physical fitness standards table. Students may use any stroke they wish and the clock will not stop if they rest while performing this test.

