

Fitness Assessments Online

Assessing your Health-Related Fitness will help you make educated decisions and set specific goals for your exercise, physical activity, and diet. We will not assess every element of HRF at home, but we hope that the abbreviated version of these assessments will still provide you with an overview of your fitness level.

Health-Related Fitness

1. Aerobic Capacity-ability to perform large muscle, intense exercise for prolonged periods (heart/lungs).
2. Muscular Endurance-ability of muscles to exert force over time.
3. Muscular Strength-ability of muscles to exert maximum force.
4. Flexibility-ability to move through a full range of motion available in a joint.
5. Body Composition-relative percentage of muscles, fat, bone and other tissues that comprise the body.

Fitness Assessment Directions

1. Aerobic Capacity-One-mile run/walk

Directions: Map out a relatively flat mile distance. Run/walk as fast as possible-record your time.

2. Muscular Endurance-Push Ups

Directions: <https://www.youtube.com/watch?v=v-EGC9jBC44>

Push Up Cadence: <https://www.youtube.com/watch?v=bpfPe5OvSH4> (also available on AsU Learn)

3. Muscular Endurance-Curl Ups

Directions: <https://www.youtube.com/watch?v=u4w8pmkVmng>

Curl Up Cadence: <https://www.youtube.com/watch?v=RW6OssVmJBI> (also available on AsU Learn)

4. Flexibility-Shoulder Flexibility Test

Directions: <https://www.youtube.com/watch?v=lhagGZhD0cs>

5. Body Composition-Body Mass Index (BMI)

Visit the website below and enter your height and weight to calculate your BMI and understand your risk.

https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm

<https://www.medicalnewstoday.com/articles/323622#health-risks-of-extra-weight>

Record Fitness Assessment Scores

| | |
|-----------------------|--|
| Name | |
| Date | |
| Semester | |
| Course/Section | |

| Enter Your Scores Below | | |
|---|--------------|--|
| *Your grade is based on completion of the assessment, not on assessment scores | | |
| Assessment | Score | Healthy-Fitness Zone? (yes or no) |
| One Mile Run/Walk | | |
| Push Ups | | |
| Curl Ups | | |
| Shoulder Flexibility | | |
| Body Composition | | |

| Healthy Fitness Zones | | | |
|------------------------------|-------------------------|--------------|---------------|
| Assessment | Area of HRF | Men | Women |
| Mile Run/Walk | Aerobic Capacity | 7:00-8:30min | 8:00-10:00min |
| Curl-Ups | Muscular Endurance | 24-47 | 18-35 |
| Push-Ups | Mus. Endurance/Strength | 18-35 | 7-15 |
| Shoulder Stretch | Flexibility | Touch | touch |
| BMI | Body Composition | 18.5-24.9 | 18.5-24.9 |

| Body Mass Index (BMI) Estimate of disease risk | |
|---|-------------------------|
| *misclassifies muscular individuals | |
| Classification | BMI (kg/meters2) |
| Underweight | <18.5 |
| Healthy | 18.5-24.9 |
| Overweight | 25-29.9 |
| Obesity (class I) | 30-34.9 |
| Obesity (class II) | 35-39.9 |

| Body Fat Percentage | | |
|-----------------------------------|--------------------|--------------------|
| Classification | Women % fat | Men (% fat) |
| Essential Fat | 10-13% | 2-5% |
| Athletes | 14-20% | 6-13% |
| Fitness | 21-24% | 14-17% |
| Average | 25-31% | 18-24% |
| Obese | >32% | >25% |
| American Council on Exercise data | | |

| Aerobic Capacity/Cardiorespiratory Endurance |
|--|
| Aerobic exercise strengthens your heart and lungs and decreases your risk of diabetes, cancer, stroke, cardiovascular disease, hypertension, and others. |

| Muscular Strength/Endurance/Flexibility |
|---|
| Decreases in flexibility, muscular endurance and muscular strength lead to a significant decrease in the ability to perform daily tasks as we age and increase the risks of injuries. |

| Body Composition |
|--|
| Increases in body fat and decreases in heart/lung strength increases the risk of diabetes, cancer, stroke, cardiovascular disease, hypertension, and others. |

Additional Information

<http://www.cdc.gov/>

<http://www.cooperinstitute.org/healthyfitnesszone>