

Fitness Assessment

Tests for the Non-Running Adult

Name: _____ Date: _____

Gender: F M Age: _____ Body Weight (BW): _____ lbs

Blood Pressure: _____ Resting Heart Rate: _____ bpm

YMCA Rating: Excellent Good Above Average Average

Below Average Poor Very Poor

Agility, Balance & Flexibility Tests

Single Limb Stance Test

A direct relationship exists between abnormal tests of balance and unexplained falls in older adults. Instruct the participant to stand barefoot on the limb of their choice, with the other limb raised so that the raised foot is near but not touching the ankle of their stance limb. Measure at least 1 trial of each eyes closed and eyes opened single leg stance tests. Instruct the participant to focus on a spot on the wall at eye level in front of them, for the duration of the eyes open test.¹

Eyes closed, leg R L: _____ sec Eyes opened, leg R L: _____ sec

Above Average Average Below Average

Sitting Rising Test

“Without worrying about the speed of movement, try to sit and then to rise from the floor, using the minimum support that you believe is needed.”²

Sitting Score (5 max): _____ Rising Score (5 max): _____ Total (10 max): _____

4 Meter Walk Test for Usual Gait Speed

Walk at your usual pace. Conduct 1 practice & use the better score of 2 trials. Divide 4 by sec. for m/s.³

Seconds: _____ Meters / Sec: _____ Percentile of Age & Gender: _____%

Strength Tests

Low muscle strength less than the age-specific 20th percentile is associated with an increased likelihood of metabolic syndrome, especially among men younger than 50 years of age.⁴

Vertical Jump

Report the highest jump score from 3 trials⁵. Norms data available for 15 to 69-year-olds.⁵

Jump Height: _____ in Percentile of Age & Gender: _____%

Grip

Seat the participant in a chair with their feet touching the ground. With the elbow bent to 90° & the arm against the trunk, wrist at neutral, instruct the participant to squeeze the dynamometer as hard as they can for a count of 3. Complete a practice trial at less than full force & one test trial with each hand in the sitting position.

Dominant Hand Grip: _____ lbs Non-Dominant Hand Grip: _____ lbs

Combined Hand Grip: _____ lbs Percentile of Age & Gender: _____%

Grip/BW Ratio: _____ Grip indicates risk for: Pre-diabetes Diabetes

YMCA Bench Press

Test men using a 36.3-kg (80 lb.) barbell and women using a 15.9-kg (35 lb.) barbell at a rate of 30 lifts or reps per min using a metronome set at 60 bpm.

Bench Press Total Lifts: _____ YMCA Rating: Excellent Good
 Above Average Average Below Average Poor Very Poor

Leg Press

Being in the top 25% for lower body muscle strength is inversely associated with systemic inflammation and all-cause mortality^{6,7}.

Leg Press Weight (LPW): _____ lbs LPW/BW Ratio: _____

Endurance Tests

Percentile of Age & Gender: _____%

Push Ups

The maximal number of push-ups performed consecutively without rest is counted as the score. The administrator places one fist on the floor below the subject's chest. If a male is testing a female, a 3-inch sponge should be placed under the sternum to substitute for the fist. Females may use the modified or full body push up form, but the normative data for the full body push up form is limited to the 20-49 age range.

Push Ups: _____ Percentile of Age & Gender: _____%

YMCA Half Sit Ups for 1 Minute

Curl ups provide a lower lumbar spine compression than the bent-leg, feet anchored, sit-up, but also a lower muscle challenge.⁸ Timed for 1 minute. The participant lies face up on mat or rug with knees at a right angle (90°) and feet flat on the ground. The feet are not held down. The participant places hands, palms facing down, on the mat or rug with the fingers touching the first piece of tape. Perform using 2 strips of masking tape on a mat or rug on the floor that are 3.5 in. (8.9 cm) apart.⁹

YMCA Half Sit Ups: _____ YMCA Rating: Excellent Good
 Above Average Average Below Average Poor Very Poor

Cardiorespiratory Fitness Tests

Choose 1 of the following cardiorespiratory tests.

YMCA Bench Step Test for 3 Minutes

Perform to a metronome at 96 beats per minute for 3 minutes using the cadence up, up, down, down. Sit and measure heart rate for entire 60 seconds.⁹

Post 60 second heart rate: _____ bpm YMCA Rating: Excellent Good
 Above Average Average Below Average Poor Very Poor

Rockport Walking Test

1 Mile Walk Time: _____ min Ending heart rate: _____ bpm

VO₂max: _____ ml/kg/min Rating or Percentile of Age & Gender: _____%

References

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