

Fitness Assessment

Tests for the 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 sec. by 4 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 trials. Norms data available for 15-69 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

Bench Press 1 Rep Max

The 1 Rep Max Bench Press Test can be performed using Universal Gym DVR bench press equipment or free weights. However, a formula must be utilized to convert the free weight bench press to the Cooper Institute Universal bench press norms.⁶

Bench Press Weight (BPW): _____ lbs Free Weight Conversion: _____ lbs
BPW/BW Ratio: _____ Percentile of Age & Gender: _____ %

Leg Press 1 Rep Max

Being in the top 25% for lower body muscle strength is inversely associated with systemic inflammation and all-cause mortality.^{7,8}

Leg Press Weight (LPW): _____ lbs LPW/BW Ratio: _____
Percentile of Age & Gender: _____ %

Endurance Tests

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.⁹ 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.¹⁰

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

Cardiorespiratory Fitness Tests

1.5 Mile Run

Timed: The objective of the 1.5 Mile Run Test is to cover the distance as fast as possible. Upon test completion, a mandatory cool-down period is enforced. The individuals should walk slowly for about 5 minutes immediately after the run to prevent venous pooling.

1.5 Mile Run Time: _____ min Percentile of Age & Gender: _____ %

References

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