

<u>THE LA SIERRA FITNESS TEST</u> (1963)

PHYSICAL FITNESS TEST BATTERY #1 – WHITE TEAM

	<u>Minimum Performance</u>	<u>Median Performance</u>	<u>Ceiling Performance</u>
Pull-ups	2	6	10
Push-ups	16	24	32
Bar-dips	4	8	12
Sit-up (2 min.)	30	45	60
Burpee (4 count – 20 sec.)	9	11	13
Shuttle Run (200 yards)	38 sec.	36 sec.	34 sec.
Rope climb (18’ stand start)	Hands/Feet w/ foot clamp	Hands/Feet	Hands
Agility run	21 sec.	20.5 sec.	20 sec.
880 yard run	3:30	3:15	3:00
Man lift and carry	440 yards	660 yards	880 yards
Pegboard (vertical)	3 holes	6 holes	1 trip
Swim (free)	40 sec.	38 sec.	36 sec.

Student must attain all ceiling performance standards and gain semester grade of “B” or above to move up to the next highest color group.

PHYSICAL FITNESS TEST BATTERY #2 – RED TEAM

	<u>Minimum Performance</u>	<u>Median Performance</u>	<u>Ceiling Performance</u>
Pull-ups	10	12	14
Push-ups	32	40	48
Bar-dips	12	15	18
Burpee (4 count – 20 sec.)	19	20	21
Hanging leg lifts (30 sec.)	20	22	24
Shuttle Run (200 yards)	55 sec.	53 sec.	51 sec.
Rope climb (18’ stand start)	Hands	9 sec.	7 sec.
1320 yard run	4:40	4:30	4:20
Man lift and carry	880 yards	1000 yards	1320 yards
Pegboard (vertical)	1 trip	1 trip	1 trip
Extension press-up	1	3	5
Two mile run	Complete	Complete	Complete
Swim (100 yards)	Complete	Complete	Complete

Students must achieve all minimum standards of performance to remain in Red Group.
 Student must achieve all ceiling standards of performance and gain a semester grade of “B” or above to move up to the next highest color group.

PHYSICAL FITNESS TEST BATTERY #3 – BLUE TEAM

	<u>Minimum Performance</u>	<u>Median Performance</u>	<u>Ceiling Performance</u>
Pull-ups	14	18	22
Bar-dips	18	28	32
Handstand push-ups	12	14	16
**Push-ups	48	62	68
Extension press-up	10	15	25
Pegboard (vertical)	1 trip	2 trip	3 trip
Two arm hang	1:30	2:00	3:00
Burpee (30 sec. Alt. L arm)	20	21	22
Rope climb (20' sit start)	Hands/feet	Hands	7.5 sec.
Shuttle Run (300 yards)	51 sec.	49 sec.	48 sec.
Mile run	6:15	6:00	5:45
3 mile jog	Finish	Finish	Finish
Man lift and carry	1320 yards	1 mile	1 ¼ miles
Agility run	19 sec.	18.5 sec.	18 sec.
Dodge run (120 yards)	26 sec.	25 sec.	24 sec.
Hanging sit-ups	15	20	25

** Minor test item – to be eliminated from test battery 1964.

THE LA SIERRA NAVE BLUE PROGRAM
(Revised Fall 1963)

Those students who wish to compete in the Nave Blue Program must have achieved “Golds” (the level right below this) prior to starting the test procedure.

Student’s name: _____ Grade: 10 11 12

Physical Education Period: 1 2 3 4 5 6

<u>Physical Fitness Test Item</u>	<u>Number, Time or Distance Required</u>	<u>Date Completed</u>	<u>Certified</u>
1) Bar-dips (parallel bar)	50	_____	_____
2) Pull-ups (horizontal bar)	32	_____	_____
3) Push-ups	150	_____	_____
4) Alternating 1 arm Burpee (30 sec.)	26	_____	_____
5) 120 yard Dodge run	24 sec.	_____	_____
6) 300 yard Shuttle run	46 sec.	_____	_____
7) Rope climb (20 feet)	2 complete trips (no legs)	_____	_____
8) Agility run – III	17 sec.	_____	_____
9) Extension press-ups (8 inches up)	100	_____	_____
10) Vertical pegboard	5 trips	_____	_____
11) Handstand	45 sec.	_____	_____
12) Man lift & carry (their weight / can set the person down)	5 miles	_____	_____
13) Mile run	5 min. 15 sec.	_____	_____
14) Five mile jog	Finish	_____	_____

<u>Physical Fitness</u> <u>Test Item</u>	<u>Number, Time or</u> <u>Distance Required</u>	<u>Date</u> <u>Completed</u>	<u>Certified</u>
15) Obstacle course (high ropes course)	Complete	_____	_____
16) Swim – front prone position	1 mile	_____	_____
17) Swim – Underwater	50 yards	_____	_____
18) Swim – any combo. strokes	2 miles	_____	_____
19) Execute front hanging float w/ arms & ankles tied – deep water	6 min.	_____	_____
20) Stay afloat in deep water in vertical position – use of arms or legs permitted within 8 foot circle.	2 hours	_____	_____