

Comprehensive Fitness Assessment

The fitness test is comprehensive in that it evaluates all essential components of physical fitness. The physical testing requires about 30 minutes to complete, though you should allow 45 minutes to include paperwork and results. Most of the exercises are submaximal and non-strenuous; however, you will sweat on the bike test. Following the test you will receive a summary sheet explaining your results compared with national data. Within a few days, a complete report will be sent to you via email. The test involves the following items and procedures:

- Questionnaires to determine medical and health history, exercise readiness, and informed consent.
- Resting heart rate, blood pressure, weight and height.
- Body fat percent as estimated by body mass index (BMI) and bioelectrical impedance.
- Trunk flexibility as measured with a sit-and-reach test.
- Leg and back strength as measured with dynamometry.
- Muscular endurance as measured with the one-minute sit-up and push-up tests.
- Aerobic fitness as measured using a progressive, submaximal cycle ergometer test.

All tests are based on guidelines set forth by the American College of Sports Medicine.

You are not required to do any test you do not feel comfortable with.

Any assignment(s) you are responsible for with regard to your Kinesiology class are between you and your instructor and not the responsibility of the Student Fitness Assessment Center.