

## Fitness Assessment Form

Name: \_\_\_\_\_

### Measurements

Age: \_\_\_\_\_ yrs

Height: \_\_\_\_\_ ft \_\_\_\_\_ in

Weight: \_\_\_\_\_ lbs

Body Mass Index (BMI) \_\_\_\_\_

### Agility

Sit and Reach \_\_\_\_\_ ft \_\_\_\_\_ in

Verticle Jump \_\_\_\_\_ ft \_\_\_\_\_ in

Broad Jump \_\_\_\_\_ ft \_\_\_\_\_ in

### Strength and Power

Sits-ups \_\_\_\_\_ reps/min

Push-ups \_\_\_\_\_ reps/min

Pull-ups \_\_\_\_\_ reps/min

### Speed

40 yard sprint \_\_\_\_\_ min \_\_\_\_\_ sec

## Rockport Fitness Walking Test (1 mile)

### Rockport Walk Test Protocol

#### Required Resources

You will need:

- Treadmill or track
- Stopwatch
- Scale

#### Procedure

- 1) Do some form of warm-up and/or stretching.
- 2) Record your weight and age.
- 3) Step onto treadmill or track to start walking and time yourself for one mile.
- 4) You must walk 1 mile as fast as you can. Adjust the speed as needed. There should be no incline.
- 5) Immediately after the you complete one mile take your 15-second pulse

#### Most Importantly:

1. Start measuring the pulse rate within 5 seconds following the completion of the test; delays in measuring will produce invalid results and will require a retest
2. You must be standing while the pulse is measured—sitting during the measurement will produce invalid results.

**15 sec heart rate** \_\_\_\_\_

Lap	Time = min/sec	Heart rate /bmf
Lap 1 (warm-up)		
Lap 2 (warm-up)		
Lap 3		
Lap 4		
Lap 5		
Lap 6		

## BYU Jog Test

### Required Resources

You will need:

- Track or course allowing a fast walk of exactly 1 mile in distance (a ¼ mile track is ideal)
- Stopwatch

### Procedure

1) Warm-up and Stretch.

2) Time yourself with the stopwatch as you jog 1 mile on the track or course as fast as Possible.

**3) Immediately prior to completing the 1 mile, record your heart rate by taking your 10-second pulse and multiplying it by 6.**

Please record the following information:

10 second measure \_\_\_\_\_

Heart Rate – (10 second measure X 6) \_\_\_\_\_

Lap	Time	Heart rate /bmf
Lap 1 (warm-up)		
Lap 2 (warm-up)		
Lap 3		
Lap 4		
Lap 5		
Lap 6		

## Three-Minute Step Test

### Protocol

#### Required Resources

You will need:

- High step/bench
- Stopwatch

- \*Metronome (<https://www.google.com/search?q=metronome>)

## **Preparation**

The step test will require you to step to the beat of the metronome and then for you to measure your pulse. As the result is very sensitive to the pulse measured, it is critical to prepare for this measurement within the stipulated timeframe. The test cannot be accurately performed without the resources above.

## **Procedure**

- 1) Do some form of warm-up and stretch.
- 2) Practice the step cadence of “up-up-down-down” for 5 seconds.
- 3) Set the metronome for **96 beats (24 step sets) for Men and 88 beats (22 step sets) for Women.**
- 4) Step in time with the metronome and time yourself for three minutes. You **MUST** step continuously.
- 5) After the three minutes is complete, while still standing, take your 15-second pulse

## **Important:**

1. Start measuring the pulse rate within 5 seconds following the completion of the test; delays in measuring will produce invalid results and will require a retest
2. You must be standing while the pulse is measured—sitting during the measurement will produce invalid results. In such event, record the results as “physically unable to complete”.

Please record the following information:

Heart Rate \_\_\_\_\_