

Unit 1 Portfolio
Fitness Testing

PERSONAL FITNESS PROFILE

The document to complete for this portfolio is on my
website or Unit 1 Lesson 2 Page 9



RESTING HEART RATE

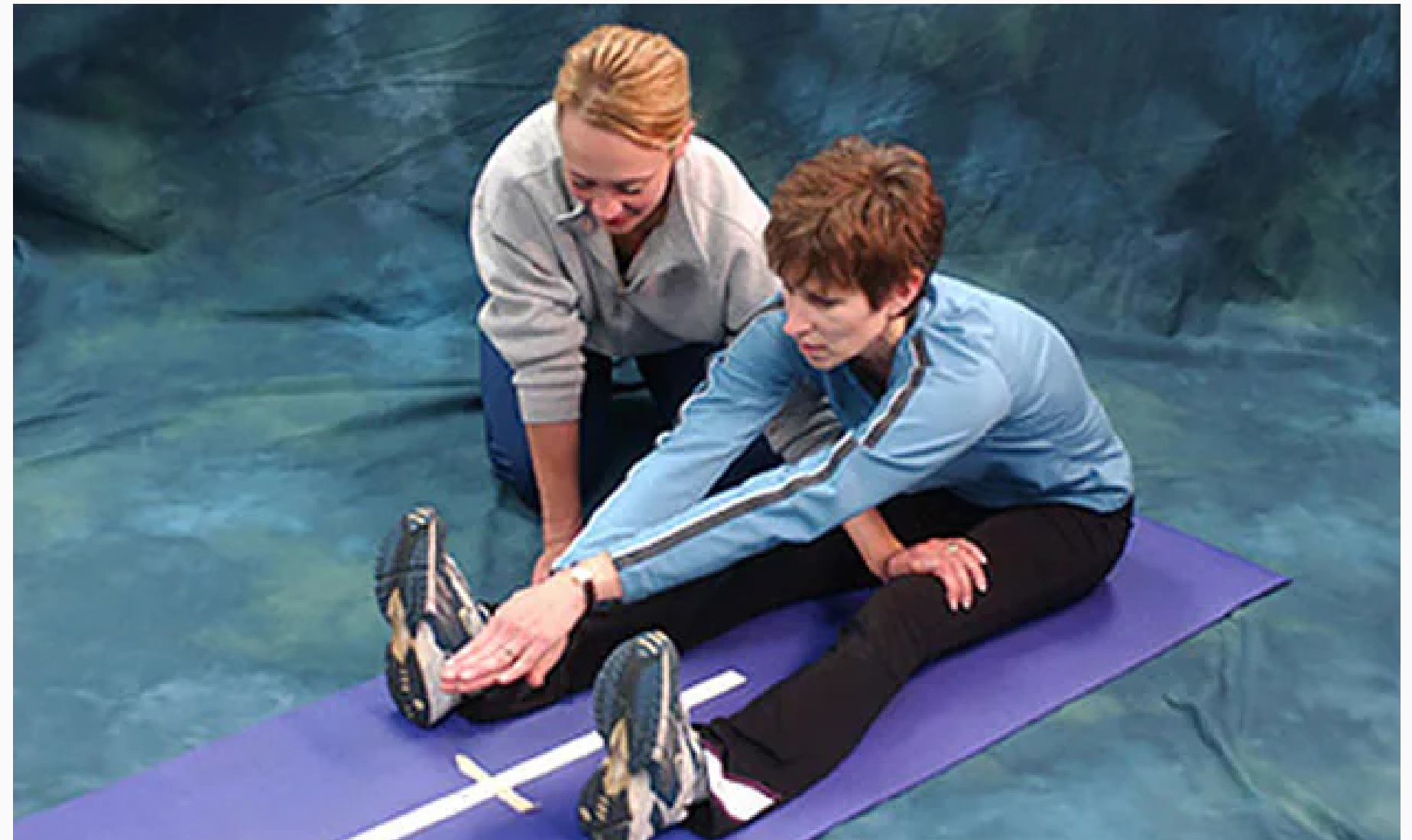
Watch the following video showing how to get your
heart rate!

**[https://watch.screencastify.com/v/aXSTo
AVUhfi57gLyhP2C](https://watch.screencastify.com/v/aXSToAVUhfi57gLyhP2C)**

SIT AND REACH TEST

Measure in Centimeters

- Remove your socks and shoes and sit down at the test box with your feet extended out in front of you, flat against the test box.
- Fully extend your arms out in front of you with one hand over the other, fingers lined up.
- Slowly reach forward as far as you can along the measuring device.
- Repeat this reach four times, holding for a few seconds at the maximum reach while a partner measures the distance reached to the nearest centimeter.



TRUNK EXTENTION TEST

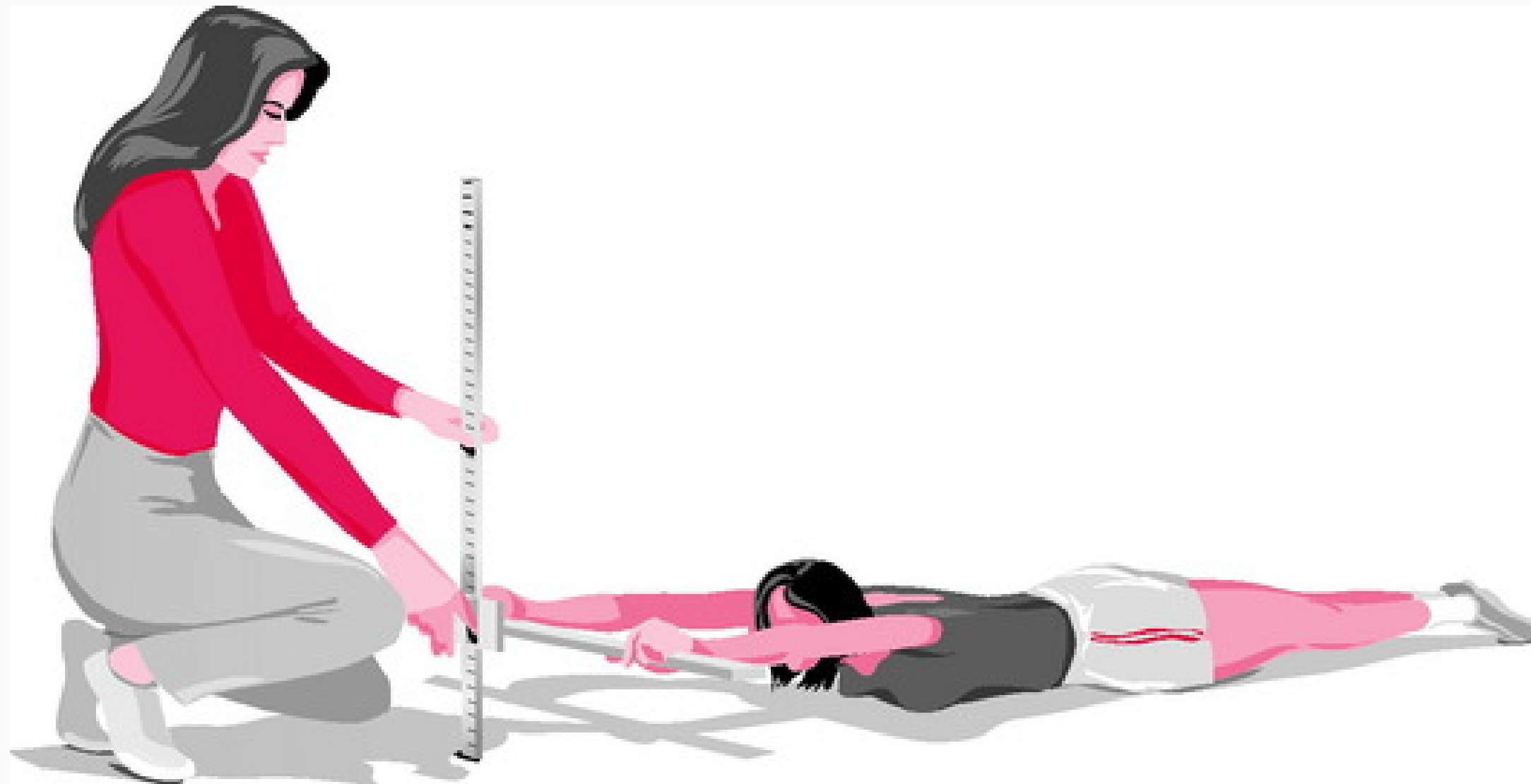
Measure inches from the floor to your chin

1. Lie flat on the floor, face down, with a partner holding the upper portion of your thighs down.
2. Interlock your hands behind your head, elbows outward.
3. Slowly lift your chest and head off the floor as high as possible.
4. Hold the lift for several seconds while your partner or trainer measures the distance from the floor to your chin.



SHOULDER LIFT TEST

Measure from the floor to the stick in inches



1 MILE RUN OR WALK TEST

If you choose to run a mile, you will record how long it took you to run one mile.



If you choose to walk a mile, you will record your time, and you will record your heart rate before and after the mile walk.



BENT KNEE SIT UP TEST

Record how many you can do in one minute



PUSH UP TEST

Record how many you can do in one minute

