



Jordan High School

Lifetime Fitness Test-Out Dates

Students who would like to try the Life Fit Test Out can attend a test information meeting to determine if they are a good candidate for this option. Life Fit credit will be issued to students who pay the fee, and meet all requirements.

Choose which quarter you would like to test --

- | | |
|------------------|--|
| Quarter 1 | September 28, October 5, October 12 |
| Quarter 2 | November 30, December 7, December 14 |
| Quarter 3 | January 25, February 1, February 8 (No seniors) |



Meeting 1 - Mandatory Pre-Test Information Meeting, 2:30 - 2:45 pm Room 2503 – bring fee payment receipt. You can pay in the main office earlier and take your receipt to the Registrar's office.

Meeting 2 - Wear clothes for running and fitness testing, return signed disclosure - meet in the weight room after school. Students will be enrolled in a CANVAS course to complete a fitness and nutrition assignment.

Meeting 3 - Bring Chromebook, completed fitness and nutrition logs. You will be taking the written test Meet in Room 2503

Pay \$35 to the Jordan High Main Office. Then take your receipt to the Registrar to get on the list for the test. Students passing the test will have .50 credit posted to meet this graduation requirement

*****This test is non-refundable.** Students should refer to the test requirements to determine if they are a good candidate to test out. Students who successfully test out are usually physically fit and participating in fitness activities and/or organized sports regularly.

Test-Out Requirements

The Fitness for Life Test consists of 4 sections. Each section must be passed at a proficient level to receiving a passing grade.

1. Fitness Plan – On a chart put together a fitness program that is personally suited to fit your interest and current level of fitness. Student will be enrolled in a CANVAS course to complete this assignment.
2. Nutrition Plan – Construct an ideal meal plan for 15 days using a variety of foods and be realistic about serving sizes. Students will be enrolled in a CANVAS course to complete this assignment.
3. Physical Fitness Testing – 1.5 Mile Run, Abdominal Strength/Endurance, Arm & Shoulder Strength, and Push-Ups. **See the attached requirements.** Students should be able to meet each requirement of this test. **Medical waivers are not applicable to a test-out.**
4. Written Test (Week 2) – 65 question test that students must pass with 80% or higher. Students will be given a study guide to prepare for this test when they complete week 1 requirements.

Fitness Test

127/150 to Pass

Cardiovascular Fitness

1 ½ Mile Run (100 points)

GIRLS	Points	BOYS
13:30	100	10:45
13:45	95	11:00
14:00	90	11:15
14:15	85	11:30
14:30	80	11:30
14:45	75	11:45
15:00	70	12:00

Abdominal Strength/Endurance

Sit-ups-1 min. test (20 points)

GIRLS	Points	BOYS
41	20	51
40	18	50
39	16	49
38	14	48
37	12	47
36	10	46
35	8	45
34	6	44
33	4	43
32	2	42

Arm and Shoulder Strength

Flexed Arm Hang (Girls)

Pull-ups (Boys) (10 points)

Girls	Points	Boys
15	10	10
14	9	9
13	8	8
12	7	7
11	6	6
10	5	5
9	4	4
8	3	3
7	2	2
6	1	1

Push-ups (# Max)

1 min. test(20 Points)

Girls	Points	Boys
17	20	36
16	18	35
15	16	34
14	14	33
13	12	32
12	10	31
11	8	30
10	6	29
9	4	28
8	2	27