



# Jordan High School

2023-2024

## Lifetime Fitness Test-Out Dates

Students who would like to try the Lifetime Fitness Test Out can attend a test information meeting to determine if they are a good candidate for this option. .5 Lifetime Fitness 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 27, October 4, October 11
Quarter 2	November 29, December 6, December 13
Quarter 3	January 24, January 31, February 7 (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 Lifetime Fitness test consists of 4 sections. Each section must be passed at a proficient level to receive a passing grade.

1. Fitness Plan – On a chart put together a fitness program that is personally suited to fit your interest and current fitness level. The 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)

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

**Abdominal Strength/Endurance**

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

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

**Arm and Shoulder Strength**

Flexed Arm Hang (Girls)

Pull-ups (Boys) (10 points)

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

**Push-ups (# Max)**

1 min. test(20 Points)

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