

# Fitness Assessment Program

The primary purpose of the Physical Fitness Assessment Program is to provide an indication of your current fitness status, a working knowledge of fitness principles, and safety guidelines for beginning and participating in an activity program.

The information derived from the measures of the assessment allows you to make comparisons. You can compare yourself to others using normative data or to criteria standards which indicate adequate levels of fitness required to promote good health. By periodically re-testing, you can make comparisons with yourself over time to monitor your progress.

## THE TEST

The following physiological and anatomical variables are determined in order to assess your present health-related physical fitness status. The simple measures include -

1. Resting heart rate
2. Resting blood pressure
3. Height, weight and other anthropomorphic measures (such as skinfolds and circumferences) are utilized to estimate body composition.
4. Exercise heart rates are measured during a submaximal bicycle ergometer or treadmill test to estimate aerobic capacity and to establish an appropriate initial dynamic exercise intensity to use during conditioning. The test begins with an easy warm-up, gradually progresses to greater workloads, never exceeding an intensity or level of perceived exertion which you consider too difficult to be able to comfortably sustain continuously. It then concludes with an easy cool-down period. **NOTE: The submaximal test is not a diagnostic test, and does not have the ability to evaluate the health of the cardiovascular system.** It is a measurement tool to assist in developing an appropriate health-oriented fitness program specifically for you, allowing you to set safe goals. Periodic re-testing enables you to evaluate the effectiveness of your dynamic exercise routine and re-establish appropriate training workloads.
5. A sit and reach measurement is used to provide an indication of the flexibility of the hamstrings, buttocks and lower back muscles.
6. Muscular strength/endurance is evaluated by calisthenic measures such as sit-ups and push ups.

**YOU MAY CHOOSE ANY, ALL OR NONE OF THESE MEASURES OF FITNESS**

Any comments or suggestions regarding this web page can be emailed to [rpruch@unmc.edu](mailto:rpruch@unmc.edu)  
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