



Jordan High School

Lifetime Fitness Test-Out Dates

Lifetime Fitness (Must attend both dates)

November 8th – Wear clothes for running and fitness testing; meet at the track after school

November 15th – Written Test, Fitness and nutrition logs due

or

Lifetime Fitness (Must attend both dates)

March 7th - Wear clothes for running and fitness testing; meet at the track after school

March 14th - Written Test, Fitness and nutrition logs due

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. Be sure to include all 4 elements of the F.I.T.T. principle and it must show your progression as your work toward your personal goals. Students are required to bring this plan to week 2. Plans need to be thought out and show effort.
2. Nutrition Plan – Construct an ideal meal plan for 15 days using a variety of foods and be realistic about serving sizes. List the serving totals at the end of each category. Include all condiments, snacks, and beverages. You are encouraged to use an app like MyFitnessPal and then print out your plan. Students are required to bring this plan to week 2. Plans need to be thought out and show effort.
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