

# FITNESS ASSESSMENT INFORMATION

# CHALLENGE

Fitness assessments are broken down into 2 categories: 13-64 and 65+. This allows for appropriate testing of different age categories to ensure the testing is done fairly. Please note that modifications to the listed testing criteria are permissible and reviewed on a case-by-case basis by the Department Manager and designated Trainer.

- A. 13-64 years
- B. 65 years+ and approved adaptive/modified clients

TESTING PARAMETERS	DESCRIPTION
<p><b>[1] Body Composition</b> A &amp; B - InBody Test</p>	<p>Body Composition - Our Inbody machine measures body fat to muscle ratio, along with any muscular imbalances within the body. *You will receive testing guidelines for this assessment. Please ensure you review prior to your first session.</p>
<p><b>[2] Endurance</b> A &amp; B -500m Row for Time</p>	<p>Participant will use the Concept Rower for this test. Your trainer will assist with Rower set up and proper form. Your objective is to row 500 metres as fast as you can. The damper must be set at 7.</p>
<p><b>[3] Balance</b></p>	<p><b>A. Single Leg balance (best of 2 - each leg)</b> The participant will remove their shoe in preparation to stand on one foot. With arms crossed over chest, the participant will lift one leg off the ground, standing on a single leg. Once the participant closes their eyes, the Trainer will start the timer. The participant does both legs twice, and the Trainer will take the best time for each leg. The participant must not, open their eyes, touch their foot to the ground or other leg, shift their base foot or must not fall over.</p> <p><b>B. 8 Foot Up and Go (best of 2)</b> The participant will start sitting in a chair with a cone placed 4 feet in front of them. The participant may start in a "ready" position. The Trainer will say when to start, the participant will then as quickly but safely as they can, stand up, walk around the cone and sit back down. This is done for time. The participant only needs to circle the cone once. The participant must not run, or use an aid. They can chose which way they walk.</p>
<p><b>[4] Lower Body Power</b></p>	<p><b>A. Vertical Jump Test (Best of 3)</b> The participants vertical stand and reach determines the placement of the bottom bar of the rack. The participant will be instructed to squat, pause, arm swing and jump as high as they can. The participant will be instructed to reach the highest bar they can and push it out of alignment. The assessor will then move the bottom bars out of the way and allow the participant to jump again. The participant will get 3 tries. The number on the highest bar that the participant makes contact with will be recorded. No run up or step in is permitted.</p> <p><b>B. Sit to Stand</b> Participant starts by sitting in a chair without arms that is placed against the wall. The assessor will tell the participant when to start and will time for 30 seconds. The participant stands up and sits down, with their arms crossed over their chest, as many times as they can in 30 seconds. The participant must keep their feet on the floor, stand all the way up and sit all the way down for each rep.</p>

<p><b>[ 5 ] Upper Body Strength</b></p>	<p><b>A. Push Ups</b>  The participant has the option to either perform push-ups from their feet or their knees (modified) position. A yoga block will be positioned between both shoulders on the floor. The chest needs to contact the yoga block in order for the repetition to count. The participant is not to pause between repetitions. Participants complete as many pushups as possible without pausing. The test is complete if the chest does not touch the block or the participant pauses between push ups.</p> <p><b>B. Arm Curl</b>  The participant selects a weight based on gender. 8lbs for men, 5lbs for women. Sitting in a chair, the participant picks their dominant hand and starts with the weight hanging down by their side. The assessor will tell the participant when to start and will time for 30 seconds. Participant is to curl the weight up and down as many times as they can in 30 seconds. The participant must fully extend their arm at the bottom, bend arm all the way at the top, no swinging their arm for momentum and keeping their elbow touching their side at all times.</p>
<p><b>[ 6 ] Overall Body Strength</b>  A &amp; B – Hand Dynamometer Test  (best of 2– combined total)</p>	<p>A hand dynamometer is a testing tool used to assess overall body strength. Participant will take the dynamometer into the palm of their hand with arm held out in a straight position and slightly lifted off the side. Gradually squeeze the handle as hard as possible, while exhaling. Each participant will get TWO tries to get a maximum reading, with 15–20 seconds rest in between. The test will be performed on both hands, and the result will be the combined best readings.</p>
<p><b>[ 7 ] Flexibility</b></p>	<p><b>A. Sit and Reach (Best of 2)</b>  The sit-and reach appraisal apparatus will be used to measure flexibility. Flexibility is an important marker to assess overall musculoskeletal health. Participants will be instructed to stretch their hamstrings prior to the test with the assistance of the assessor. After a short dynamic warm-up, participant must remove their footwear and sit with their feet positioned 6 inches apart in contact with the sit and reach apparatus keeping knees extended at all times. With fingertips overlapped, participant will be instructed to gently reach forward and push the dial from "0cm" to their maximum stretched position with head down and knees fully extended. This position is to be held for 2 seconds and no bouncing is permitted. Two tries are permitted.</p> <p><b>B. Chair Sit and Reach (Best of 2)</b>  Participant will sit on the edge of a chair that is up against the wall. They will straighten one leg out in front of them, toes to the ceiling, with the other foot planted on the floor. The participant is to place their hands on top of each other and reach for the toes. They can reach towards, to, or past their toes. The assessor will measure the distance in centimeters that the middle finger is from the toes (-), or past the toes (+). The participant must not bend their knee at any point.</p>