Personal Fitness Test Out Exam

In order to test out of Personal Fitness, students must pass each of two sections (written and performance) with a score of 80% or higher on each component.

Personal Fitness Test Out Exam consists of a Knowledge component (100 multiple choice questions) and a Fitness component. The Fitness component consists of Endurance (students choose running or swimming) and a Fitness and Locomotor Skill component (circuit of activities).

Fitness Part 1: Run or Swim *Students will choose running **OR** swimming.*

Run - Students will participate in a 30 minute run. Students will be assessed on the number of laps completed. The goal is to get as close to 10 laps as possible. **Students should wear appropriate footwear and clothing for running. Water bottle is recommended.** **Students should bring a pen or pencil for the written portion of the test out.**	**Swim -** *Endurance* - Students will complete a 20 minute continuous swim The goal is to complete 20 lengths in the allotted time frame. Swim - *Skills* - Students will swim two lengths of the pool continuously, demonstrating proficiency in each of the following strokes: ~Free style ~Backstroke ~Elementary backstroke ~Sidestroke ~Breaststroke In the deep well, students will demonstrate proficiency of the following skills: ~Stride jump ~Shallow dive ~Deep dive ~Four step approach off the diving board ~Survival tread OR Survival float for 15 minutes **Students should bring a swimsuit, towel and lock (if student will lock up any belongings). Goggles are permitted. No other swimming aids permitted.** **Students should bring a pen or pencil for the written portion of the test out.**

Fitness Part 2: Fitness and locomotor skills

Students will complete a circuit consisting of the activities listed below.

Sit-Ups (1 min)	Push ups (1 min)	Hang (1 min)	Be able to demonstrate the yoga poses listed below	Agility run	Sit-n-Reach	Throwing at a target	Kicking at a target	Long jump	Basketball shooting

Yoga Poses: Warrior 1, Warrior 2, Plank, Lowered Plank, Side Plank, Downward Facing Dog, Downward Facing Dog with a leg lift, Triangle, Upward Facing Dog, Cobra, Table Top, Bridge, Camel, Gate, Crescent Lunge

Written

The written portion of the test out exam consists of 100 multiple choice questions based on the Michigan Academic Standards for Physical Education (Level 1). Students should bring a pen or pencil. Use of electronic devices during the written portion of the test out is not permitted.

Test Out Information

Students/Parents/Guardians will be emailed prior to the test out date. Students/Parents/Guardians will share endurance preference (run or swim) prior to the test out and any student health concern

Students/Parents/Guardians will be emailed information about the location and arrival time prior to the Personal Fitness Test Out.