**Fitness Evaluation Butte Fire Department**

Name_____ Date_____

Age_____ Gender_____

Height_____ Blood Pressure____/____ BMI_____
Weight_____ RHR_____ EMHR_____

**Skin Folds (Body Composition)**

| Abdomen | Iliac | Tricep | Thigh |
|---|---|---|---|
| ____ | ____ | ____ | ____ |
| ____ | ____ | ____ | ____ |

Total Sum_____ %Fat_____ lbs Fat_____ lbs Lean Body Mass_____

**3 Min YMCA Step Test (Cardiovascular)**

HR for 1min_____ Score_____

**Muscular Strength and Endurance**

Sit up____ Results_____ Push up____ Results_____

Plank_____ Results_____

**Vertical Jump (Power)**

Leg power (kg · m/second) = 2.21 * weight kg * √vertical jump in meters

LP = 2.21 * * √

Result _____m/sec Score_____

**Flexibility**

Sit and Reach _____ _____ ____ Score_____

## *Test Procedures*

***1. 4 site skin fold Body Composition (% of body fat)***

-Test to determine body composition
-Measure 4 sites with calipers
-Abdomen, Iliac, Tricep, Thigh

***2. YMCA Step Test (cardiovascular fitness)***

-Test to determine aerobic capacity based on the person's recovery HR
-3-minute test
-Stepping on 12 inch box
-Stepping at a rate of 24 steps per minute
-Measure HR at the end for 1 min

***3. Sit up Test***

-Test to determine muscular strength and endurance of abdominals
-On back with knees at 90 degree angle
-Arms crossed on chest with a person holding your feet
-Sit up till elbows touch your knees and go all the way down to the floor
-Do as many as possible in 1 minute

***4. Push up Test***

-Test to determine muscular strength and endurance of chest, shoulders, and triceps
-Hands under shoulders with straight back using toes as a fulcrum (women may go from knees)
-Maintain a straight back; go down until chest touches the towel. Then back to straight arm position
-Go until exhaustion

**5. Prone Plank**

-Timed test to measure core strength
-Flat on the floor with the subject on toes and elbows maintaining a straight back
-Test ends when subject can not maintain good posture
Example rounded or curved lower back or unstable scapula

**6. Vertical Jump**

-Test to determine leg power
-Standing next to wall reach as high as possible with arm and palm flat.
Beginning height
-Squat down will arm back and jump and reach as high as possible.
Ending height
-3 trails will be performed and the highest mark will be recorded.

**7. Sit and reach**

-Test to determine flexibility of lower back and posterior legs
- Shoe off sitting flat on the floor with legs straight and feet against the box
-Extend arms forward, with hands placed on top of each other
-Push the measuring device forward as far as possible hold for 3 seconds
- 3 trials will be preformed and the highest mark will be recorded

*** Scores are based on normative data by age and gender.**