WHAT IS THE FITNESS HEPTATHLON?
The Fitness Heptathlon provides Special Olympics Pennsylvania (SOPA) participants with an opportunity to train and compete in an event comprised of 7 different fitness exercises. There are a wide range of offerings suited to meet the needs and interests of each individual. For competition, participants earn points based upon their performance improvement level in each exercise.

EVENTS OFFERED:
Athletes/Partners may choose from 1 of the following events:

- Single (1 athlete)
- Pairs (2 athletes)
- Unified Pairs (1 athlete & 1 partner)
- Team (4 - 10 athletes)
- Unified Teams (4-10 team members - 2 athletes & 2 partners up to 5 athletes and 5 partners)

REGISTRATION:
Participants in the Fitness Heptathlon compete in seven exercise events. They will choose two (2) exercises from each of the following fitness area components, plus one (1) additional exercise from the full list, to make seven:

AGILITY

- 10 yd. Run, Walk, Roll*
- 5-10-5 Run, Walk, Roll*
- Box Agility *
- One Leg Stance - Eyes Open
- One Leg Stance - Eyes Closed
- Seated Lateral Bends*
- Ball Taps
- Lane Slides

STRENGTH

- Squats
- Sit and Stand
- Wall Sits
- Standing Long Jump
- Planks
- Side to Side Jumps
- Curl Ups
- Chair Push Ups*
- Push Ups
- Roman Holds*

ENDURANCE

- Step Test
- Jumping Jacks
- Burpee
- Jump Rope
- Mountain Climbers
- Power Punches*
- Front to Back Jumps
- Seated Jumping Jacks*

- Participants in Unified/Traditional pairs and teams are not required to do the same 7 exercises.
- Asterisks* indicate exercises for participants in a wheel chair.

PARTICIPANT REQUIREMENTS:

- All Coaches or Unified Partners must be Class A volunteers
- All individuals participating in in-person activities need to have an active medical. For those participating virtually (or at-home) medicals are recommended, not required, but all participants will be required to sign an electronic waiver.
TRAINING:
Participants will take part in a minimum of 2 training sessions each week, focusing on agility, strength, and endurance.

COMPETITION:

**Week 1 and Week 5**
- Participants will perform the 7 exercises and their scores will be submitted to create a baseline and for divisioning.

- SOPA will convert the participants’ scores/times into a point value. The baseline score from Week 1 is compared with the midpoint score from Week 5. Points are assigned based upon the percentage of improvement.

- The points earned in each of the seven exercise events are added together for the participant’s composite score.

- Unified/Traditional Pairs: Each team member’s composite score is added together for the pairs or team composite score.

- Unified/Traditional Teams: Each team member’s composite score is added together, divided by the number of team members, for the teams composite score.

**Week 10**
- Participants will perform the 7 exercises and their scores will be submitted to SOPA for final competition within their pre-set divisions.

- Using performance improvement scoring, a participant receives a point value based upon the percentage of improvement achieved from their midpoint/divisioning score to the finals/end of season competition score for each fitness exercise.

DIVISIONING:
- Singles: Divisions will be based on age, gender, and composite score.

- Unified/Traditional Pairs or Teams: Divisions will be based on composite scores.

AWARDS:
Awards will be presented by division based on the composite score.

ANY QUESTIONS?

Use the following hashtag on social media when posting photos of yourself! #FitHepPA

For more information, please visit specialolympicspa.org/commit-to-fit/fitness-heptathlon