

# FITNESS HEPTATHLON

Season runs from March 15th – May 25th

## 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.

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## 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?



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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](http://specialolympicspa.org/commit-to-fit/fitness-heptathlon)