

FITNESS HEPTATHLON

TRAIN AND COMPETE IN SOPA'S NEWEST COMPETITION

Season runs from Nov. 15 – Feb. 25

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. **If interested in participating in the Fitness Heptathlon, please complete our [Interest/Participation Form](#).**

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 athletes)
- Unified Teams (2 athletes & 2 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.

Special Olympics
Pennsylvania



COMMIT



TO FIT

Be Active in a New Era



TRAINING:

Participants will take part in a minimum of 2 training sessions each week, focusing on agility, strength, and endurance. Training resources include: a coaches training [video](#) and [PowerPoint](#).

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 or Teams: Each team member's composite score is added together for the pairs or team 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: Composite scores will be added together for a team composite score.

AWARDS:

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

ANY QUESTIONS?

Email: sportstraining@specialolympicspa.org



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