

Fitness Assessment



As part of Unified Fitness at the **first workout**, participants will conduct a **pre-assessment**; at the **final workout**, participants will conduct a **post-assessment**. By assessing your level of fitness prior to starting and after completing the Unified Fitness program, you will be able to track the improvements you make to your overall health and fitness over the course of 12 weeks.

This assessment should be completed with your partner there to assist with the measurement and timing. It will consist of 3 different assessments, one for strength, one for endurance and one for balance.

Height and Weight will be collected at the pre and post assessment. See pages 12-13 for more details on how to measure height and weight.

- 1) Strength: Isometric Push-Up or Seated Isometric Push-Up**
- 2) Endurance: 6-minute walk/run/push test**
- 3) Balance: Single leg stance- eyes open**

Follow the directions on pages 7-13 to complete each assessment. [HERE YOU CAN FIND A LINK TO A GOOGLE FORM](#) to complete your Fitness Assessment results. Please complete for both the athlete and Unified partner from your pair for both the PRE and POST assessments.

Strength: Isometric Push-Up



Objective: To hold a raised Push-Up position, often referred to as a high plank, for as long as possible.

Purpose: The Isometric Push-Up Test measures upper body muscular strength, endurance & core stability.

Equipment/Space Required

- Timer or stopwatch
- Mat or soft surface
- Pencil/pen
- Paper to record time

How to administer the assessment

1. Practice the position before testing. Get into a starting push-up position with your hands flat on the ground, arms straight and shoulder width apart. Legs are extended straight back with the toes touching the ground and the body is in a straight line.
2. Once in position start the timer. Hold the position for as long as you can, making sure to maintain proper plank position. If you break form quickly regain it. Make sure to breathe while performing the assessment.
3. Stop the timer when the correct form cannot be maintained for 5 seconds or longer. That means when any movement such as bending, sagging, or swaying occurs at the elbows, shoulders, trunk or knees.
4. Record the time to the nearest second.



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the QR Code to the
right to watch video
instructions!



Strength: Seated Isometric Push-Up



Objective: To push or lift the body up out of the seated position and hold for as long as possible.

Purpose: The Seated Isometric Push-Up is to measure upper body muscular strength and endurance.

This test is an alternative to the Muscular Strength Isometric Push-up and is used to assess participants who use wheelchairs for mobility or those who find it difficult to get into push-up position.



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Equipment/Space Required

- Timer or stopwatch
- Mat or soft surface
- Pencil/pen
- Paper to record time
- Wheelchair or chair with arm rests or push-up blocks

How to administer the assessment

1. Practice the position before the test. Be sure that the brakes of the wheelchair are on and if you are using a chair push it against a wall. If you are using blocks, sit on the floor with your legs out straight and heels resting against the ground. Position the blocks on a level surface with one on either side of each hip.
2. Place your hands on the armrests of their wheelchair (or wheels if no armrests), the arms of a chair or the handles of the push up blocks.
3. Lift your body off the supporting surface by fully extending your elbows until the arms are straight (or as straight as possible).
4. Hold the position for as long as you can, making sure to maintain proper position with your body raised off the supporting surface. Your feet may be in contact with the ground surface or the wheelchair footrests but should not be used to assist participant in lifting their body. Be sure to breathe as you perform the test.
5. Start the timer when in proper position.
6. Stop the test and the timer when the raised position cannot be maintained, and the body comes in contact with the supporting surface for 5 seconds or longer.

Endurance: 6-Minute Run/Walk/Push Test



Objective: To walk/run/push as quickly as possible for 6 minutes & cover the maximum distance in that time.

Purpose: The 6 Minute Walk/Run/Push Test is sub-maximal test of aerobic capacity or endurance.

Equipment/Space Required

- Timer or Stopwatch
- Measuring tape or measuring wheel
- Pencil/pen
- At least 2 cones
- Lap counter (optional)
- Paper (to write down score)

How to prepare for the assessment

The 6 Minute Walk/Run/Push Test is performed on a course that is carefully measured and clearly marked. The test can be conducted indoors or outdoors; around a track, along a long hallway or around a gym or field. The ground should be level and the distance of each lap must be measured to ensure accurate scoring. We recommend using the standard 30-meter flat straight walking course because it uses less space and is easy to measure and mark out. You can also use a 15-meter course if the area is small. Mark the starting point with a cone, floor tape, or chalk and then measure out 30 meters from there and mark the second turn around point with another cone or tape. The loop then becomes a 60- meter walking loop.



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Endurance: 6-Minute Run/Walk/Push Test



Objective: To walk/run/push as quickly as possible for 6 minutes & cover the maximum distance in that time.

Purpose: The 6 Minute Walk/Run/Push Test is sub-maximal test of aerobic capacity or endurance.



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How to administer the assessment

1. The participant is positioned at the starting point next to the cone or on the line.
2. The participant will walk back and forth in between the two cones at their own pace. The participant should walk quickly (or run or push in a wheelchair) during the test. They can slow down or stop to rest during the test, but they should start walking (running or pushing) again as soon as they can.
3. The participant should stay close to the cones when turning and not slow down at the turns.
4. Begin by saying "ready, set, go" and then start the timer. Keep track of the time. Record each lap when the participant returns to the STARTING point. (Example: down and back is 1 lap).
5. Motivate each other during the 6 minutes and give updates on the time remaining (Example: '4 minutes left')
6. When 30 seconds are left inform the participant that you will soon tell them to stop and to stay in that spot when the assessment ends.
7. At the signal to "Stop," mark the spot where the participant ends with a piece of tape or place a pencil at the participant's front foot. This is important because many participants will end the test at a point that's partway between the cones and not a full lap, but you must measure the extra distance.
8. Use the measuring tape to measure the extra distance.
9. Calculate the total $\text{NUMBER OF LAPS} \times 60\text{-METERS} + \text{EXTRA DISTANCE} = \text{SCORE}$ or the score (If you are using a 15-meter course then you would calculate it by $\text{NUMBER OF LAPS} \times 30\text{-METERS} + \text{EXTRA DISTANCE} = \text{SCORE}$)

Balance: Single Leg Stance, Eyes Open



Objective: To stand on one leg with your eyes open and maintain balance for as long as possible.

Purpose: The Single-Leg Stance Test with Eyes Open measures static balance and postural control with the assistance of visual cues.



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Equipment/Space Required

- Timer or stopwatch
- Stable nonslip surface
- Pencil/pen
- Paper to record time
- To hold on to for support: Chair, Bleachers, Wall



How to administer the assessment

1. Practice the single leg stance position and maintain balance for at least a few seconds before the test.
2. Choose your most dominant leg. This will be the supporting leg that remains straight and holds your body weight. If a participant is unsure which leg is their dominant one, ask them which leg they would kick a ball with and select that as the supporting leg.
3. Record whether the supporting leg is left or right. You should use the same leg in future sessions.
4. Stand with your feet shoulder width apart and positioned within arm's reach of a stable/stationary item for safety purposes. (chair, wall) Do not hold on or lean on this item during the test.
5. You should place your hands on your hips and place the foot of the non-supporting leg against the inside knee of the supporting leg with the thigh rotated outward. If you are unable to place your foot on your inner knee of the supporting leg, then stand with your knee bent and foot held off the ground.
6. Start the timer as soon as you are in the correct standing position and balanced. Try to maintain your balance for as long as possible.
7. Stop the timer when the non-supporting foot loses contact with the knee or touches the ground, or when the hands come off the hips.
8. Record your time in seconds.

Measure Your Height



Here are some tips for measuring your height.

Materials



Tape measure



A flat sturdy object

How to Read a Tape Measure

INCH LINES



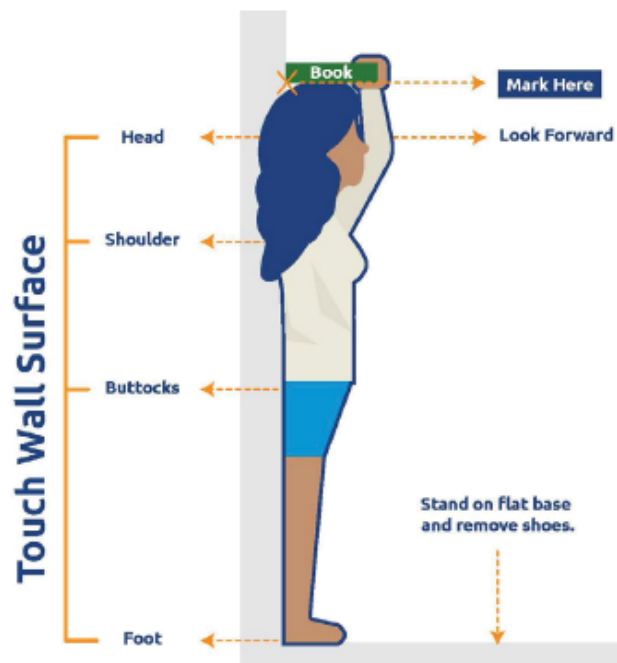
HALF INCH LINES



Recording Your Measurement



This measurement would be $2 \frac{1}{2}$ inches.

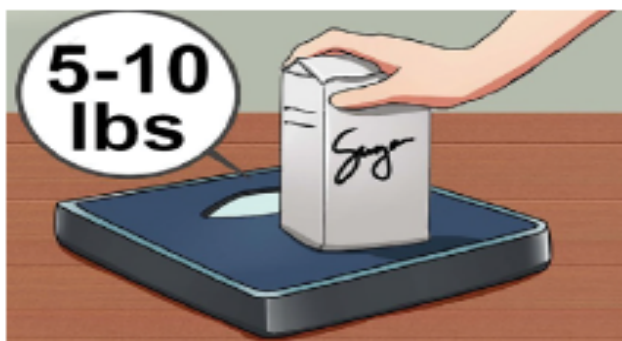


- The inch lines extend across the tape measure. There's a big bold number at each inch.
- The half-inch mark is the next longest line between the full inch marks.
- Round your measurement up or down to the nearest half-inch.
- Remove shoes.
- Stand with your back against a wall, feet together, looking straight ahead.
- Have your heels, buttocks and head touch the wall.
- Place a book on your head against the wall (see picture).
- Mark the wall at the top of your head where the book touches the wall.
- Measure the distance from the floor to the mark and record your height in inches.

Measure Your Weight



Here are some tips for measuring your weight.



1. Check the accuracy of your scale

To check the accuracy of your scale, test an object that you already know the weight. Try something like a new, unopened bag of flour or sugar. Test to see if they are the same weight.

2. Weigh yourself and record your weight each time

Place your scale on a hard, flat surface like tile or hardwood floor. Stand still on the scale with both feet even and flat, and don't touch or lean onto anything. Read the number and record it, even if it is higher than you expected.

