

Earhart Middle School

Fitness Standards

Aerobic Capacity

- One Mile Run
 - The objective is to walk and/or run a mile distance at the fastest pace possible.

| One Mile Run (Min:sec) | | | | |
|--------------------------------|--------|------|-------|------|
| Age | Female | | Male | |
| 12 | 12:00 | 9:00 | 10:30 | 8:00 |
| 13 | 11:30 | 9:00 | 10:00 | 7:30 |
| 14 | 11:00 | 8:30 | 9:30 | 7:00 |

Body Composition

- Body Mass Index
 - This test provides an indication of a student's weight relative to his or her height. Height and weight measurements are used to calculate a body mass index number.

| Body Mass Index | | | | |
|------------------------|--------|------|------|------|
| Age | Female | | Male | |
| 12 | 24.5 | 16.9 | 22.0 | 16.0 |
| 13 | 24.5 | 17.5 | 23.0 | 16.6 |
| 14 | 25 | 17.5 | 24.5 | 17.5 |

Abdominal Strength

- Curl-up Test
 - The objective of this test is to complete as many curl-ups as possible, up to a maximum of 75, at a specified pace.

| Curl-up (# completed) | | | | |
|------------------------------|--------|----|------|----|
| Age | Female | | Male | |
| 12 | 18 | 32 | 18 | 36 |
| 13 | 18 | 32 | 21 | 40 |
| 14 | 18 | 32 | 24 | 45 |

Trunk Extensor Strength and Flexibility

- Trunk Lift
 - The objective of this test is to lift the upper body 12 inches off the floor using the muscles of the back and to hold the position to allow for the measurement.

| | Trunk Lift (inches) | | | |
|-----|----------------------------|----|------|----|
| Age | Female | | Male | |
| 12 | 9 | 12 | 9 | 12 |
| 13 | 9 | 12 | 9 | 12 |
| 14 | 9 | 12 | 9 | 12 |

Upper Body Strength

- 90 Degree Push-up
 - The objective of this test is to complete as many push-ups as possible.

| | Push-up (# completed) | | | |
|-----|------------------------------|----|------|----|
| Age | Female | | Male | |
| 12 | 7 | 15 | 10 | 20 |
| 13 | 7 | 15 | 12 | 25 |
| 14 | 7 | 15 | 14 | 30 |

Flexibility

- Back Saver Sit-and-reach
 - The objective is to assess the flexibility of the lower back and posterior thigh.

| | Sit & Reach (inches) | | | |
|-----|---------------------------------|----|------|---|
| Age | Female | | Male | |
| 12 | 10 | 10 | 8 | 8 |
| 13 | 10 | 10 | 8 | 8 |
| 14 | 10 | 10 | 8 | 8 |

Lower Limit - Healthy Fitness Zone

Upper Limit - Healthy Fitness Zone