

POWER STANDARD 5: I Value Physical Education, Fitness, and Health

PERSONAL FITNESS PROFILE AND SELF-REFLECTION: COMPARE AND CONTRAST FITNESS PROFILES

Name: Answer Key

Lindsay and Katie, both 15 years old, were measured on four physical fitness tests during their physical education class. Compare their scores with the minimum requirements for each test and share which test scores met the minimum requirement and which ones they need to improve.

Assessment area	Lindsay's scores	Katie's scores	Minimum health-related standard
Sit-and-reach	8 in. (20 cm)	11 in. (28 cm)	12 in. (30 cm)
Curl-ups	10	26	24
Push-ups	6	12	7
Mile run	7:45 min	10:30 min	10:00 min

Choose two areas where Lindsay and Katie each need to improve. For each area, provide one suggestion using the FITT principle that may help them improve their score.

Lindsay

1. Lindsay's sit-and-reach score is low. She needs to add flexibility activities to her weekly routine that focus on the hamstrings, such as yoga, swimming, and dance. She needs to do this three to four times a week.
2. Her curl-up score is really low. Two to three times a week she needs to strengthen her core by doing crunches, activities on an exercise ball, and other abdominal exercises.

Katie

1. Katie's mile time does not meet the standard. She needs to start running or find activities with running in them and participate in them at least three to four times a week. She will slowly increase her pace as she gets more comfortable running on a steady schedule.
2. Her sit-and-reach score is close to meeting the standard. She could start adding PNF (proprioceptive neuromuscular facilitation) stretches to her routine. These stretches will overload her flexibility and she should have no problem getting 12 inches or more next time she tests.