

**PFT Guide at a Glance to
Assessments and Exercises/Activities to Improve Fitness Scores**

Fitness Components	Description	Fitness Assessments	Activities for Improvement & Online Resources
Aerobic Capacity	Aerobic capacity refers to the maximum rate that oxygen is taken in and used by the body during exercise. Good aerobic capacity has been associated with a reduction in health problems. The three performance task options for aerobic capacity assess the capacity of the cardio-respiratory system by measuring endurance.	<ul style="list-style-type: none"> • The PACER* • One Mile Run • The Walk Test (secondary students) 	<p>Start with cross-training, walking, jogging, roller-blading, step-aerobics, cycling, mountain biking, dancing, or any activity in which your heart rate is working at 50-85% of maximum for a minimum of 20-30 minutes or longer a minimum of 3 days a week (days off in between). Try to build up to where you can work on aerobic capacity most days of the week.</p> <p>http://www.acefitness.org/fitfacts/fitfacts_list.aspx</p>
Body Composition	The three body composition options estimate the level of fat in the body. This is a key component of fitness because excessive fat content has been associated with health problems, such as coronary heart disease, stroke, and diabetes.	<ul style="list-style-type: none"> • Skinfold Measurement* • Body Mass Index 	<p>Aerobic activities, healthy diet, strength training. Strive for balance between energy in and energy out.</p> <p>http://www.nutristrategy.com/activitylist.htm</p> <p>http://www.calorie-count.com/calories/activities/5.html</p> <p>http://www.aahperd.org/naspe/Toolbox/PDF/mar08/Mar08SecCalEng.pdf</p> <p>http://www.mypyramidtracker.gov/</p>
Abdominal Strength & Endurance	Abdominal strength and endurance are important in promoting good posture, correct pelvic alignment, and lower back health.	<ul style="list-style-type: none"> • Curl-Up* 	<p>Perform several (3-5) abdominal exercises 3-5 times a week. Start with exercises and repetitions that are comfortable for your fitness level and as you improve increase the number of repetitions. Abdominal exercises include crunches, curl ups, alternate sides of curl ups and crunches, bicycle</p>

* Assessments with asterisks are described in PFT Guide to Fitness Assessments for the Fitnessgram.

Source: California Department of Education and Fitnessgram Manual.

			<p>crunches, alternate sides bicycle crunches. Example, start with 2 sets of 10, and increase to 2 sets of 12 the next workout, then 2 sets of 15, etc.. until you build up to 3 sets of 25 or more. Alternate a set between regular crunches and alternate side crunches, finish up with a set of regular curl –ups. Work out on a stability ball for added core workout.</p> <p>http://www.acefitness.org/fitfacts/fitfacts_display.aspx?itemid=129&Category=Strength/Resistance/Training</p>
Trunk Extensor Strength & Flexibility	<p>This is an important aspect of fitness because it predicts first time and recurrent lower back pain, a major source of disability and discomfort. Awareness and attention to trunk strength and flexibility may reduce the risk for future back problems. There is only one option for this fitness area.</p>	<ul style="list-style-type: none"> • Trunk Lift* 	<p>As part of a regular flexibility routine, include stretching activities for the lower back and hamstrings. First warm up the muscles, and then slowly stretch (no bouncing). Don't strain or over stretch. Work on flexibility every day.</p> <p>http://www.acefitness.org/fitfacts/fitfacts_display.aspx?itemid=30&Category=Flexibility</p>
Upper Body Strength & Endurance	<p>Upper body strength and endurance is an important fitness area because of reported benefits in maintaining functional health and good posture. There are three options available to assess this fitness area.</p>	<ul style="list-style-type: none"> • 90 degree Push-Up* • Modified Pull- Up • Pull Up • Flexed Arm Hang 	<p>Start with exercises and repetitions that are comfortable for your fitness level and as you improve increase the number of repetitions. Example, start with 2 sets of 5, and increase to 2 sets of 6 the next workout, then 2 sets of 7, etc.. until you build up to 3 sets of 10 or more. Work out at least three days a week. Practice with modified push-ups (knees on the ground) and regular push-ups with hands directly under the shoulders. For advance practice place hands closer together, or elevate feet on a bench or stability ball. Add pull ups for an additional challenge.</p> <p>http://www.acefitness.org/fitfacts/fitfacts_display.aspx</p>

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			x?itemid=82&Category=Strength/Resistance%20Training
Flexibility	Flexibility of the joints is an important component of fitness that contributes to functional health. There are two options for this fitness area.	<ul style="list-style-type: none"> • Back Saver Sit & Reach • Shoulder Stretch 	<p>As part of a regular flexibility routine, include stretching activities for the lower back and hamstrings. First warm up the muscles, and then slowly stretch (no bouncing). Don't strain or over stretch. Work on flexibility every day.</p> <p>http://www.acefitness.org/fitfacts/fitfacts_display.aspx?itemid=30&Category=Flexibility</p>

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