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THE WHITE HOUSE
WASHINGTON

*RR asked
questions I
couldn't answer -*

MEMO TO MICHAEL K. DEEVER

FROM: BILL SITTMANN

SUBJ: Physical Fitness Test - for President Reagan

Minimum requirement for GOLD MEDAL

1. Push-ups: 30 in one minute
2. Curl ups: 30 in one minute - *what's a curl up?*
3. Arm hang - Ability to hang for 1 minute and 10 seconds
4. Sit and Reach - 3 attempts - 19 inches *what is this?*
5. 3 - Minute Step Test - 90 steps up - 3 minutes - *where*

*one hand or
two?*

optional events

1. Runs and walks one 1/2 miles in 11 min. 15 seconds
2. 3 mile walk - in 41 minutes
3. 600 yard swim (35 laps) in 11 minutes and 15 seconds

I have spoken to Bobby DeP and he would be pleased to give the test to the President.

Yes _____ No _____

He recommends that Dr. Ruge check RR out on treadmill before he attempts any of the cardiovascular events.

attached are the description of
this exam

CURL-UPS

A. Equipment:

Stopwatch

B. Procedure:

1. The participant lies flat on the back, shoulders touching floor with arms extended completely by the sides, palms down. The tips of the fingers should line up with the front edge of the designated mark on the floor. Knees are bent, heels 12 inches from the buttocks and feet flat on the floor. Feet are held to the floor by the participant's partner or examiner.
2. In executing the curl-up, the hands stay on the floor sliding as far forward as necessary to reach the next designated mark (positioned three inches forward of the first mark). The movement is accomplished by lifting the head and shoulders off the floor as far as necessary to extend the fingers the required distance.
3. The test is terminated when:
 - a) 1.0 minutes has elapsed;
 - b) the participant stops or pauses due to fatigue; or
 - c) improper form is used.

C. Results:

Record the number of curl-ups completed _____.

D. Scoring:

Check your score with the fitness standards provided _____.

CURL-UPS Fitness Standards
(Number Completed)
AGE AND SEX

FITNESS RATING	18-29		30-39		40-49		50-59		60 & Over	
	F	M	F	M	F	M	F	M	F	M
GOLD	> 45	> 50	> 40	> 45	> 35	> 40	> 30	> 35	> 25	> 30
SILVER	25-45	30-50	20-40	22-45	16-35	21-40	12-30	18-35	11-25	15-30
BRONZE	< 25	< 30	< 20	< 22	< 16	< 21	< 12	< 18	< 11	< 15

< = less than > = more than

ARM HANG

A. Equipment

8-foot horizontal bar
Stool
Stopwatch

B. Procedure:

1. Participant grasps bar with both hands, palms facing away from body. The body must be straight and the feet must be off the ground.
2. The participant continues to hold the bar until fatigue or the maximum level for age group is reached.
3. The examiner starts the watch as soon as the participant is in position and stops the watch when the participant releases the bar or the maximum level for age group is reached.

C. Results:

Record the elapsed time _____.

D. Scoring:

Check your score with the fitness standards provided _____.

ARM HANG Fitness Standards (Minutes) AGE & SEX

FITNESS RATING	18-29		30-39		40-49		50-59		60 & Over	
	F	M	F	M	F	M	F	M	F	M
GOLD	>1:30	>2:00	>1:20	>1:50	>1:10	>1:35	>1:00	>1:20	>:50	>1:10
SILVER	1:30 :46	2:00 1:00	1:20 :40	1:50 :50	1:10 :30	1:35 :45	1:00 :30	1:20 :35	:50 :21	1:10 :30
BRONZE	<:46	<1:00	<:40	<:50	<:30	<:45	<:30	<:35	<:21	<:30

< = less than > = more than

SIT & REACH

A. Equipment:

Yardstick
Adhesive Tape

B. Procedures:

1. The participant may warm up with a few practice stretches before being tested.
2. The participant sits on the floor with the legs extended and the heels about five inches apart.
3. The heels must touch the inside edge of the tape marker on the floor.
4. The yardstick is placed between the legs of the participant so that the 15-inch mark touches the near edge of the taped-heel line marker.
5. The participant slowly reaches forward with both hands as far as possible and touches the fingertips to the yardstick, holding this position momentarily. The yardstick indicates the distance reached. The participant must not attempt to add length by lunging forward.
6. The examiner should hold the participant's knees to the floor while the test is being administered.

C. Results:

The participant will have three attempts, with the distance in inches being recorded each time.

_____ inches, _____ inches, _____ inches. Circle best score.

D. Scoring:

Check the scores with the fitness standards provided _____.

SIT & REACH Fitness Standards
(Inches)

AGE & SEX

FITNESS RATING	18-29		30-39		40-49		50-59		60 & Over	
	F	M	F	M	F	M	F	M	F	M
GOLD	> 22	> 21	> 22	> 21	> 21	> 20	> 20	> 19	> 20	> 19
SILVER	17-22	13-21	17-22	13-21	15-21	13-20	14-20	12-19	14-20	12-19
BRONZE	< 17	< 13	< 17	< 13	< 15	< 13	< 14	< 12	< 14	< 12

< = less than > = more than

3-MINUTE STEP TEST

A. Equipment:

Bench 12 inches high

Metronome - Set at 96 beats per minute (24 cycles per minute); four clicks equals one cycle - "up, up, down, down".

Stopwatch

B. Procedures:

1. The participant faces the bench and in cadence with the metronome, steps one foot up on the bench (first beat), steps up with the second foot (second beat), steps down with one foot (third beat), and steps down with the other foot (fourth beat).
2. The examiner must check the rhythm and correct it if necessary. The examiner will indicate when each minute has been completed.
3. Upon completing the 3-minute test, the participant sits down quickly, while the examiner measures the heart rate.
4. The examiner locates the pulse as soon as the participant sits and begins counting within five seconds after the completion of the exercise, and counts for one full minute.
5. The participant may voluntarily stop the test at any time. The examiner should stop the test if the participant becomes excessively short of breath, fatigued, or develops pain or discomfort.

C. Results:

The participant's heart rate should be recorded in _____/beats per minute. For those unable to complete the three minutes, record the elapsed time in minutes _____ seconds _____.

D. Scoring:

Check the scores with the fitness standards provided _____.

3-MINUTE STEP Fitness Standards (Heart Rate) AGE & SEX

FITNESS RATING	18-29		30-39		40-49		50-59		60 & Over	
	F	M	F	M	F	M	F	M	F	M
	GOLD	< 80	< 75	< 84	< 78	< 88	< 80	< 92	< 85	< 95
SILVER	80- 110	75- 100	84- 115	78- 109	88- 118	80- 112	92- 123	85- 115	95- 127	90- 118
BRONZE	>110	>100	>115	>109	>118	>112	>123	>115	>127	>118

< = less than > = more than



**National Fitness
Testing Week
May 6~12**

NATIONAL PHYSICAL FITNESS TEST

I. Muscular Fitness

- A. Push-ups
- B. Curl-ups
- C. Arm Hang

I. Flexibility

- A. Sit and Reach

I. Cardiorespiratory Fitness

- A. 3-Minute Step Test

V. Optional Challenge Series for Cardiorespiratory Fitness (To be taken only by those individuals who have maintained a regular exercise program for at least six weeks on their own.)

- A. 1-1/2 Mile Run

(or)

- B. 3-Mile Walk

(or)

- C. 600-Yard Swim

PUSH-UPS (Men)

A. Equipment:

Stopwatch

B. Procedure:

1. The participant assumes the front-leaning rest position and places his hands directly under the shoulders. The shoulders, back, buttocks and legs must be straight from head to heel. This alignment must be maintained throughout the test.
2. The participant begins the push-ups by bending his elbows and lowering the entire body until the chest touches the examiner's fist. Examiner's fist is to be in an upright position and placed directly under the center of the participant's chest.
3. The participant returns to the starting position with arms completely extended.
4. The test is terminated when:
 - a) 1.0 minute has elapsed;
 - b) the participant stops or pauses due to fatigue; or
 - c) improper form is used.

C. Results:

Record the number of push-ups completed _____.

D. Scoring:

Check your score with the fitness standards provided _____.

PUSH-UPS Fitness Standards for Men
(Number Completed)

FITNESS RATING	18-29	30-39	40-49	50-59	60 & Over
GOLD	> 50	> 45	> 40	> 35	> 30
SILVER	25-50	22-45	19-40	15-35	10-30
BRONZE	< 25	< 22	< 19	< 15	< 10

< = less than > = more than

MODIFIED PUSH-UPS (Women)

A. Equipment:

Stopwatch

B. Procedure:

1. The participant assumes the front-leaning rest position, knees bent, and places her hands directly under the shoulders. The shoulders, back and buttocks must be straight from head to knee. This alignment must be maintained throughout the test.
2. The participant begins the push-up by bending her elbows and lowering entire top body until her chest touches the floor.
3. The participant returns to the starting position with the arms completely extended.
4. The test is terminated when:
 - a) 1.0 minute has elapsed;
 - b) the participant stops or pauses due to fatigue; or
 - c) improper form is used.

C. Results:

Record the number of push-ups completed _____.

D. Scoring:

Check your score with the fitness standards provided _____.

PUSH-UPS Fitness Standards for Women
(Number Completed)

FITNESS RATING	18-29	30-39	40-49	50-59	60 & Over
GOLD	> 45	> 40	> 35	> 30	> 25
SILVER	17-45	12-40	8-35	6-30	5-25
BRONZE	< 17	< 12	< 8	< 6	< 5

< = less than > = more than

CURL-UPS

A. Equipment:

Stopwatch

B. Procedure:

1. The participant lies flat on the back, shoulders touching floor with arms extended completely by the sides, palms down. The tips of the fingers should line up with the front edge of the designated mark on the floor. Knees are bent, heels 12 inches from the buttocks and feet flat on the floor. Feet are held to the floor by the participant's partner or examiner.
2. In executing the curl-up, the hands stay on the floor sliding as far forward as necessary to reach the next designated mark (positioned three inches forward of the first mark). The movement is accomplished by lifting the head and shoulders off the floor as far as necessary to extend the fingers the required distance.
3. The test is terminated when:
 - a) 1.0 minutes has elapsed;
 - b) the participant stops or pauses due to fatigue; or
 - c) improper form is used.

C. Results:

Record the number of curl-ups completed _____.

D. Scoring:

Check your score with the fitness standards provided _____.

CURL-UPS Fitness Standards
(Number Completed)
AGE AND SEX

FITNESS RATING	18-29		30-39		40-49		50-59		60 & Over
	F	M	F	M	F	M	F	M	F
GOLD	> 45	> 50	> 40	> 45	> 35	> 40	> 30	> 35	> 25
SILVER	25-45	30-50	20-40	22-45	16-35	21-40	12-30	18-35	11-25
BRONZE	< 25	< 30	< 20	< 22	< 16	< 21	< 12	< 18	< 11

< = less than > = more than

ARM HANG

A. Equipment

- 8-foot horizontal bar
- Stool
- Stopwatch

B. Procedure:

1. Participant grasps bar with both hands, palms facing away from body. The body must be straight and the feet must be off the ground.
2. The participant continues to hold the bar until fatigue or the maximum level for age group is reached.
3. The examiner starts the watch as soon as the participant is in position and stops the watch when the participant releases the bar or the maximum level for age group is reached.

C. Results:

Record the elapsed time _____.

D. Scoring:

Check your score with the fitness standards provided _____.

ARM HANG Fitness Standards
(Minutes)
(AC & SEI)

FITNESS RATING	18-29		30-39		40-49		50-59		60 & Over	
	F	M	F	M	F	M	F	M	F	M
GOLD	12:00	10:00	11:00	9:00	10:00	8:00	9:00	7:00	>:50	>1:10
SILVER	11:00	9:00	10:00	8:00	9:00	7:00	8:00	6:00	1:50	1:30
BRONZE	9:00	7:00	8:00	6:00	7:00	5:00	6:00	4:00	<:20	<:30

SIT & REACH

A. Equipment:

Yardstick
Adhesive Tape

B. Procedures:

1. The participant may warm up with a few practice stretches before being tested.
2. The participant sits on the floor with the legs extended and the heels about five inches apart.
3. The heels must touch the inside edge of the tape marker on the floor.
4. The yardstick is placed between the legs of the participant so that the 15-inch mark touches the near edge of the taped-heel line marker.
5. The participant slowly reaches forward with both hands as far as possible and touches the fingertips to the yardstick, holding this position momentarily. The yardstick indicates the distance reached. The participant must not attempt to add length by lunging forward.
6. The examiner should hold the participant's knees to the floor while the test is being administered.

C. Results:

The participant will have three attempts, with the distance in inches being recorded each time.

_____ inches, _____ inches, _____ inches. Circle best score.

D. Scoring:

Check the scores with the fitness standards provided _____.

SIT & REACH Fitness Standards (Inches)

AGE & SEX

FITNESS RATING	18-29		30-39		40-49		50-59		60 & Over	
	F	M	F	M	F	M	F	M	F	M
	GOLD	> 22	> 21	> 22	> 21	> 21	> 20	> 20	> 19	> 20
SILVER	17-22	13-21	17-22	13-21	15-21	13-20	14-20	12-19	14-20	12-19
BRONZE	< 17	< 13	< 17	< 13	< 15	< 13	< 14	< 12	< 14	< 12

< = less than > = more than

3-MINUTE STEP TEST

Equipment:

Bench 12 inches high

Metronome - Set at 96 beats per minute (24 cycles per minute); four clicks equals one cycle - "up, up, down, down".

Stopwatch

Procedures:

1. The participant faces the bench and in cadence with the metronome, steps one foot up on the bench (first beat), steps up with the second foot (second beat), steps down with one foot (third beat), and steps down with the other foot (fourth beat).
2. The examiner must check the rhythm and correct it if necessary. The examiner will indicate when each minute has been completed.
3. Upon completing the 3-minute test, the participant sits down quickly, while the examiner measures the heart rate.
4. The examiner locates the pulse as soon as the participant sits and begins counting within five seconds after the completion of the exercise, and counts for one full minute.
5. The participant may voluntarily stop the test at any time. The examiner should stop the test if the participant becomes excessively short of breath, fatigued, or develops pain or discomfort.

Results:

The participant's heart rate should be recorded in _____/beats per minute. For those unable to complete the three minutes, record the elapsed time in minutes _____ seconds _____.

Scoring:

Check the scores with the fitness standards provided _____.

3-MINUTE STEP Fitness Standards
(Heart Rate)
AGE & SEX

18-29		30-39		40-49		50-59		60 & Over	
F	M	F	M	F	M	F	M	F	M
< 80	< 75	< 84	< 78	< 88	< 80	< 92	< 85	< 95	< 90
80-110	75-100	84-115	78-109	88-118	80-112	92-123	85-115	95-127	90-118
>110	>100	>115	>109	>118	>112	>123	>115	>127	>118

< = less than > = more than

1-1/2 MILE RUN (optional) "honor system" testing

A. Equipment & Facilities:

- Witness
- Comfortable running shoes and clothing
- A 1-1/2 mile running course
- Stopwatch

B. Procedure:

1. The participant runs/walks 1-1/2 miles as quickly as possible, but not to complete exhaustion.
2. The participant should be instructed to slow down if he or she experiences undo fatigue, shortness of breath or pain or discomfort of any type.

C. Results:

The 1-1/2 mile run time is recorded in minutes _____ seconds _____.

D. Scoring:

Check scores with the fitness standards provided _____.

1-1/2 MILE RUN Fitness Standards
(Minutes)
AGE & SEX

FITNESS RATING	18-29		30-39		40-49		50-59		60 & Over	
	F	M	F	M	F	M	F	M	F	M
GOLD	<12:30	< 9:45	<13:00	<10:00	<13:45	<10:30	<14:30	<11:00	<16:30	<11:15
SILVER	12:30 15:54	9:45 12:00	13:00 16:30	10:00 12:30	13:45 17:30	10:30 13:00	14:30 19:00	11:00 14:30	16:30 19:30	11:15 16:15
BRONZE	>15:54	>12:00	>16:30	>12:30	>17:30	>13:00	>19:00	>14:30	>19:30	>16:15

< = less than > = more than

MILE WALK (optional) "honor system" testing

Equipment:

- Witness
- Comfortable walking shoes and clothing
- 3-mile walking route
- Stopwatch

Procedures:

1. Participant walks three miles at as brisk a pace as possible.
2. Participant should be instructed to slow down if he or she experiences undue fatigue, severe shortness of breath, or pain or discomfort of any type.

Results:

The 3-mile time is recorded; minutes _____ seconds _____.

Scoring:

Check the scores with the fitness standards provided _____.

3-MILE WALK Fitness Standards
(Minutes)
AGE & SEX

FITNESS TESTING	18-29		30-39		40-49		50-59		60 & Over	
	F	M	F	M	F	M	F	M	F	M
	OLD	<36:00	<34:00	<37:30	<35:00	<39:00	<36:30	<42:00	<39:00	<45:00
SLIVER	36:00 44:00	34:00 42:00	37:30 45:30	35:00 44:30	39:00 49:00	36:30 47:00	42:00 52:00	39:00 50:00	45:00 57:00	41:00 54:00
BRONZE	>44:00	>42:00	>45:30	>44:30	>49:00	>47:00	>52:00	>50:00	>57:00	>54:00

< = less than > = more than

600-YARD SWIM (optional) "honor system" testing

I. Equipment/Facilities:

- Witness
- A swimming pool at least 20 yards long
- Stopwatch

II. Procedures:

1. The participant swims 600 yards as quickly as possible but not to complete exhaustion.
2. The participant should be instructed to slow down if he or she experiences undue fatigue, shortness of breath or pain or discomfort of any type.

III. Results:

The 600-yard swim time is recorded in minutes _____ seconds _____.

IV. Scoring:

Check the scores with the fitness standards provided _____.

600-YARD SWIM Fitness Standards
(Minutes)
AGE & SEX

FITNESS CATEG	18-29		30-39		40-49		50-59		60 & Over	
	F	M	F	M	F	M	F	M	F	M
GOLD	<12:30	< 9:45	<13:00	<10:00	<13:45	<10:30	<14:30	<11:00	<16:30	<11:15
SILVER	12:30 15:54	9:45 12:00	13:00 16:30	10:00 12:30	13:45 17:30	10:30 13:00	14:30 19:00	11:00 14:30	16:30 19:30	11:15 16:15
BRONZE	>15:54	>12:00	>16:30	>12:30	>17:30	>13:00	>19:00	>14:30	>19:30	>16:15

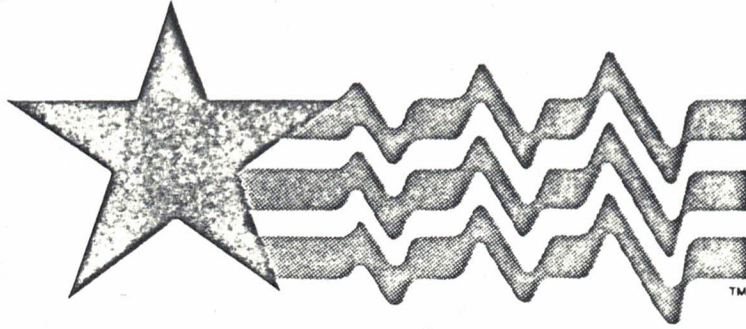
< = less than > = more than

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2. Golding, L. C. Myers and W. Sinning. The Y's Way to Physical Fitness. Chicago: National Board of YMCA's, 1980.
3. Pollock, M. J. Wilmore and S. Fox. Health and Fitness Through Physical Activity. New York: John Wiley and Sons, 1978.
4. Kasch, Fred and Boyer, John. Adult Fitness Principles and Practices. Greeley, Colorado: All American Productions and Publications, 1968.

San Jo Deaver 5/22/84

True



National Fitness Testing Week May 6-12

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713-524-0428
Allen G. Bennett

FACTS ABOUT NATIONAL FITNESS TESTING WEEK, MAY 6 - 12, 1984

WHAT IS NATIONAL FITNESS TESTING WEEK?

During the week of May 6 - 12, 1984, adult Americans will have the opportunity to take the National Fitness Test. Thus, the week is called National Fitness Testing Week.

WHO IS SPONSORING THE EVENT?

The event is sponsored by the National Fitness Foundation. People who take the National Fitness Test will pay a \$2.00 testing fee, the net proceeds to benefit the National Fitness Foundation.

WHAT IS THE NATIONAL FITNESS TEST?

The National Fitness Test is a simple five-part fitness test that measures the participant's flexibility, muscular fitness and cardiorespiratory fitness. In addition, for those people that have been actively involved in a six-week or longer fitness program, there is an optional challenge series that will be self-administered on the honor system prior to the testing week. The challenge series participant would then bring in his or her score to be recorded on the testing form by the examiner.

WHAT IS THE PURPOSE OF THIS EVENT?

National Fitness Testing Week, the National Fitness Test, and the media exposure and promotion that will accompany these activities are intended to greatly raise the American public's awareness of the importance of improved health and fitness. As a first year goal, 500,000 adults in 112 major cities will be tested.

HOW WILL THE TESTING PARTICIPANT BENEFIT FROM TAKING THE TEST?

The person taking the National Fitness Test will learn how his or her level of fitness compares with other adult Americans of the same age and sex...basically above, at average or below nationally recognized fitness standards. For many people taking the test, it will be a first-time exposure to physical fitness activities. Hopefully, these participants will enjoy the feeling of accomplishment or see the need for improvement and go on to start a personal fitness program for themselves.

As a more tangible benefit, the test participants will receive by mail, the National Fitness Card.

WHAT IS THE NATIONAL FITNESS CARD?

The National Fitness Card is a plastic, wallet-sized achievement card that will bear either a gold, silver or bronze National Fitness Foundation medallion. After National Fitness Testing Week ends, the testing results will be tabulated. The participant's individual score, compared against nationally recognized fitness standards, will determine which medallion (high score - gold; average score - silver; below average - bronze) appears on that person's National Fitness Card. The card, bearing the participant's name and appropriate medallion, will be mailed to the participant. Enclosed with the card will be the participant's test scores and a congratulatory letter from Coach George Allen, chairman of The President's Council on Physical Fitness and Sports, and the National Fitness Foundation.

WHAT IS THE NATIONAL FITNESS FOUNDATION?

The National Fitness Foundation is a non-profit, tax-exempt organization that was created in 1983 to support educational programs and services that encourage physical fitness activities and sports participation by the American people. Funds received from National Fitness Testing Week and other fund-raising activities will initially be used to build The United States Fitness Academy in Indianapolis, Indiana.

WHERE CAN PEOPLE TAKE THE TEST?

In this first year, the National Fitness Test will be conducted at over 1500 official testing centers in 112 major cities covering all 50 states. Fitness facilities including racquet clubs, aerobic studios, health clubs and YMCA's will be recruited to serve as testing centers. The National Fitness Testing Week office will provide these facilities with complete training materials and procedure manuals to insure that the tests are administered safely and properly.

HOW WILL THIS EVENT BE PROMOTED TO THE PUBLIC?

A national advertising and promotional campaign will break in late March under the theme, "Take the test America!" Radio and television public service commercials featuring well-known personalities will be aired in all 112 markets. Many corporations have volunteered to promote the event in their own advertising and packaging, much like the advertising seen recently for the U.S. Olympics. A national WATS line will be established, the number heavily publicized, to provide individual callers with the location of testing centers in their respective cities. In addition to the advertising and promotional support, an intensive publicity campaign will be launched at a press conference in Washington, D.C. in late February. The media in all markets will be kept abreast of campaign activities through regular press releases and publicity stories sent out by the public relations organization at the National Fitness Testing Week office.

Additional testing support will come from corporations, colleges, state and federal governments. Corporations will be asked to underwrite the testing costs for their employees.

WHERE CAN I GET MORE INFORMATION ABOUT THIS EVENT?

The National Fitness Foundation has established an office in Houston, Texas to serve as headquarters for the National Fitness Testing Week campaign:

Address: National Fitness Testing Week
3333 Eastside, Suite 258
Houston, Texas 77098
Telephone: (713) 524-0428 (no collect calls please)
Office Hours: 8:30 A.M. to 5:30 P.M. CST, Monday - Friday

TEST EQUIPMENT & DESCRIPTION

PUSH-UPS (Men & Women) - Equipment: Stopwatch

Procedure: (Men)

Participant assumes front-leaning rest position, hands directly under the shoulders. The shoulders back, buttocks and legs must be straight from head to heel. Participant begins by bending his elbows and lowering the entire body until the chest touches examiner's fist. Examiner's fist is in an upright position directly under the center of the participant's chest. Participant returns to starting position with arms completely extended.

Procedure: (Women)

Participant assumes front-leaning rest position, knees bent, hands placed directly under the shoulders. Shoulders, back and buttocks must be straight from head to knee. Participant begins by bending her elbows and lowering the entire body until her chest touches the floor. Participant returns to starting position with arms completely extended.

- B. This alignment must be maintained throughout the test.
- C. The test is terminated when: 1) 1.0 minute has elapsed; 2) the participant stops or pauses; 3) improper form is used.

CURL-UPS - Equipment: Stopwatch

A. Procedure:

Participant lies flat on the back, knees bent, shoulders touching floor with arms extended completely by the sides, palms down. The tips of the fingers should line up with the front edge of the designated mark on the floor. Feet flat, heels 12 inches from the buttocks secured and held to the floor by partner or tester. In executing the curl-up, the hands stay on the floor sliding forward to reach the next designated mark (positioned three inches forward of the first mark). The movement is accomplished by lifting the head and shoulders off the floor as far as necessary to extend the fingers the required distance.

- B. The test is terminated when: 1) 1.0 minute has elapsed; 2) the participant stops or pauses due to fatigue; 3) improper form is used.

ARM HANG - Equipment: 8-foot high horizontal bar, Stool, Stopwatch, Cloth tape

A. Procedure:

Participant grasps bar with both hands, palms facing away from body. The body must be straight and the feet must be off the ground. The participant continues to hold the bar until fatigue or the maximal level for age group is reached. The examiner starts the watch as soon as the participant is in position and stops the watch when participant releases the bar or maximum level for age group is reached.

SIT & REACH - Equipment: Yardstick, Adhesive Tape

A. Procedure:

The participant may warm up with a few practice stretches before testing. Participant sits on the floor, legs extended, heels about five inches apart. Heels must touch inside edge of tape marker on the floor. The yardstick is placed between the legs, so that the 15-inch mark touches the near edge of the tape-heel line marker. The participant slowly reaches forward with both hands as far as possible touching fingertips to the yardstick, holding this position momentarily. The yardstick indicates the distance reached. Participant must not attempt to add length by lunging forward. The examiner holds the participant's knees to the floor during testing.

THREE-MINUTE STEP TEST - Equipment: Bench 12 inches high, Stopwatch, Metronome set at 96 beats per minute (24 steps per minute; four clicks equals one step - "up, up, down, down")

A. Procedure:

The participant faces the bench and in cadence with the metronome, steps one foot up on the bench (first beat), steps up with the second foot (second beat), steps down with one foot (third beat), and steps down with other foot (fourth beat). The examiner will indicate when each minute has been completed, and correct the rhythm if necessary.

Upon completion of three minutes, the participant sits down quickly. The examiner locates the pulse and begins counting within five seconds after the completion of the exercise, and counts for 1.0 full minute.

The participant may voluntarily stop the test at any time. The examiner should stop the test if participant becomes excessively short of breath, fatigued, or develops pain or discomfort.

OPTIONAL "HONOR SYSTEM" TESTING*

1-1/2 MILE RUN - Equipment: Witness, comfortable running shoes and clothing, a 1-1/2-mile running course, Stopwatch

A. Procedure:

The participant runs/walks 1-1/2 miles as quickly as possible, but not to complete exhaustion.

THREE-MILE WALK - Equipment: Witness, comfortable walking shoes and clothing, three-mile walking route, Stopwatch

A. Procedure:

Participant walks three miles at as brisk a pace as possible.

SIX-HUNDRED YARD SWIM - Equipment: Witness, Swimming pool at least 20 yards long, Stopwatch

Participant swims 600 yards as quickly as possible but not to complete exhaustion.

600-YARD SWIM, 1-1/2 MILE RUN, THREE-MILE WALK:

The participant should be instructed to slow down if undue fatigue, shortness of breath, or any discomfort or pain is experienced.

*To be taken only by those individuals who have maintained a regular exercise program for at least six weeks on their own.

REFERENCES:

- 1) Cooper, K. The Aerobics Way Philadelphia: Lippincott Co., 1982
- 2) Golding, L.C. Meyers and W. Sinning. The Y's Way to Physical Fitness. Chicago: National Board of YMCA's, 1980
- 3) Pollock, M.J. Wilmore and S. Fox. Health and Fitness Through Physical Activity. New York: John Wiley and Sons, 1978
- 4) Kasch, Fred and Boyer, John. Adult Fitness Principles and Practices. Greeley, Colorado: All American Productions and Publications, 1968.

TEST CENTER SCREENING APPLICATION

National Fitness Testing Week (NFTW) will occur the week of May 6 through 12, 1984, in over 100 cities throughout the country.

To qualify as an official testing site, you must apply and fulfill requirements related to personnel, facilities, equipment and safety precautions. Specific requirements are defined in the Operations Manual that will be provided to you upon approval of this screening application. The following are general requirements:

. PERSONNEL

Test sites MUST be supervised by a CPR certified health and fitness professional experienced in:

- . emergency first aid
- . screening health questionnaires and
- . supervising and implementing fitness tests.

. FACILITIES

2,500 square feet of testing space is generally sufficient to test 25 people per hour, although a smaller room(s) can be used. It is also desirable to have a separate waiting room. Adequate control of room temperature, humidity and ventilation is required to provide a safe and comfortable exercise environment. Easy access to an emergency telephone, water fountain and rest rooms are required.

. EQUIPMENT

Test facilities must provide the test equipment identified in the enclosed test description. Test facilities must make arrangements for the safekeeping of the \$2.00 testing fees that are collected.

. SAFETY PRECAUTIONS

A current CPR trained individual is required to be present at all times. A written emergency plan is required following the NFTW guidelines.

If your site meets the qualifications listed above, kindly fill out the application provided and mail to the address listed at the bottom of this form as soon as possible. Your application will be screened and, if approved, the Operations Manual and Test Center Release Form will be mailed to you.

I would like to be considered an official Test Center for the National Fitness Testing Week.

NAME: _____ DATE: _____, 1984
TITLE: _____ TELEPHONE: ____/____
COMPANY: _____
ADDRESS: _____
CITY: _____ STATE: _____ ZIP CODE: _____
NUMBER OF YEARS IN BUSINESS _____.
NAME OF FITNESS DIRECTOR _____.
WHICH HEALTH AND FITNESS ASSOCIATIONS ARE YOU CONNECTED WITH? _____

PLEASE RETURN TO: NATIONAL FITNESS TESTING WEEK
3333 Eastside, Suite 258
Houston, Texas 77098
713/524-0428

APPENDIX II

October 17, 1983

NATIONAL ADULT PHYSICAL FITNESS TESTING BATTERY AND NORMS

Presented to: George Allen, Chairman, President's Council on Physical Fitness
and National Fitness Foundation.

For: Proposed National Physical Fitness Week (May 6-12, 1984) and pre-
requisites for receiving Physical Fitness Achievement Card.

Committee

William C. Day, Ph.D., Chairman
Alfred K. Johnston
Charles Kuntzleman, Ed.D.
Jeannie A. Hoepfel, R.N.
Russell A. Harris
William R. Conrad

PUSH UPS - Men

A. Equipment:

Stopwatch

B. Procedure:

1. The participant assumes the front-leaning rest position and places his hands directly under the shoulders. The shoulders, back, buttocks and legs must be straight from head to heel. This alignment must be maintained throughout the test.
2. The participant begins the push-ups by bending his elbows and lowering the entire body until the chest touches the examiner's fist. Examiner's fist is to be in an upright position and placed directly under the center of the participant's chest.
3. The participant returns to the starting position with arms completely extended.
4. The participant continues to do push-ups until fatigued or the maximum level for the participant's age group is reached. The test must be completed in less than 1-1/2 minutes. THE TEST IS TO BE COMPLETED WITH NO PAUSES BETWEEN REPETITIONS. THE TEST IS TO BE TERMINATED AT THE POINT AT WHICH A PAUSE OCCURS.

C. Results:

Record the number of push ups completed _____.

D. Scoring:

Check your score with the norms provided _____.

PUSH UPS-MEN TEST NORMS

FITNESS RATING

<u>AGE</u>	<u>VERY HIGH</u>	<u>HIGH</u>	<u>MODERATE</u>	<u>LOW</u>	<u>VERY LOW</u>
Under 30	55-above	45-54	35-44	20-34	0-19
30-39	45-above	35-44	25-34	15-24	0-14
40-49	40-above	30-39	20-29	12-19	0-11
50-59	35-above	25-34	15-24	8-14	0-7
Over 60	30-above	20-29	10-19	5-9	0-4

MODIFIED PUSH UPS - WOMEN

A. Equipment:

Stopwatch

B. Procedure:

1. The participant assumes the front-leaning rest position, knees bent, and places her hands directly under the shoulders. The shoulders, back and buttocks must be straight from head to knee. This alignment must be maintained throughout the test.
2. The participant begins the push-up by bending her elbows and lowering the entire top body until her chest touches the floor.
3. The participant returns to the starting position with the arms completely extended.
4. The participant continues to do push-ups until fatigue or the maximum level for the participant's age group is reached. The test must be completed in less than 1-1/2 minutes. THERE ARE TO BE NO PAUSES BETWEEN REPETITIONS. THE TEST WILL BE TERMINATED AT THE POINT AT WHICH A PAUSE OCCURS.

C. Results:

Record the number of push ups completed _____.

D. Scoring:

Check your score with the norms provided _____.

PUSH UPS - WOMEN TEST NORMS

FITNESS RATING

<u>AGE</u>	<u>VERY HIGH</u>	<u>HIGH</u>	<u>MODERATE</u>	<u>LOW</u>	<u>VERY LOW</u>
Below 30	49+	34-48	17-33	6-16	0-5
30-39	40+	25-39	12-24	4-11	0-3
40-49	35+	20-34	8-19	3-7	0-2
50-59	30+	15-29	6-14	2-5	0-1
Over 60	20+	5-19	3-4	1-2	0

SIT UPS

A. Equipment:

Stopwatch

B. Procedure:

1. The participant lies flat on the back, shoulders touching floor, knees bent, with heels approximately six inches from the buttocks. The hands are placed on the thighs. The feet shall be held to the floor.
2. In executing the sit-up, the head is raised, then the shoulders and upper trunk move in an upward curl with the hands sliding forward until fingertips just touch the lower edge of the kneecap. The participant then returns to the starting position with the shoulders touching the floor.
3. The participant continues until fatigue or the maximum level for age group is reached. The test must be completed in less than 1-1/2 minutes. THERE ARE TO BE NO PAUSES BETWEEN REPETITIONS. THE TEST WILL BE TERMINATED AT THE POINT AT WHICH A PAUSE OCCURS.

C. Results:

Record the number of sit-ups completed _____.

D. Scoring:

Check your score with the norms provided _____.

SIT UPS TEST NORMS

AGE AND SEX

FITNESS RATING	Under 30		30-39		40-49		50-59	
	F	M	F	M	F	M	F	M
	VERY HIGH	> 45	> 50	> 45	> 50	> 40	> 45	> 35
HIGH	35-44	40-49	35-44	40-49	30-39	34-44	25-34	39-40
MODERATE	25-34	30-39	25-34	30-39	20-29	25-34	15-24	20-29
LOW	15-24	20-29	15-24	20-29	14-19	19-24	10-14	15-19
VERY LOW	< 15	< 20	< 15	< 20	< 14	< 19	< 10	< 15

FITNESS RATING	60 & Over	
	F	M
	VERY HIGH	> 35
HIGH	25-34	28-39
MODERATE	15-24	19-27
LOW	8-14	14-18
VERY LOW	< 8	< 14

ARM HANG

A. Equipment

- 8 foot horizontal bar
- Stool
- Stopwatch

B. Procedure:

1. Participant grasps bar with both hands, palms facing away from body. The body must be straight and the feet must be clear of the ground.
2. The participant continues to hold the bar until fatigue or the maximal level for age group is reached.
3. The examiner starts the watch as soon as the participant is in position and stops the watch when the participant releases the bar, or the maximum level for age group is reached.

C. Results:

Record the elapsed time _____.

D. Scoring:

Check your score with the norm provided _____.

ARM HANG TEST NORMS

AGE & SEX

FITNESS RATING	Under 30		30-39		40-49		50-59		Over 60	
	F	M	F	M	F	M	F	M	F	M
VERY HIGH	1:00	1:15	:55	1:10	:50	1:05	:45	1:00	:40	:55
HIGH	:59	1:14	:54	1:09	:49	1:04	:44	:59	:39	:54
	:45	:60	:40	:55	:35	:50	:30	:45	:25	:40
MODERATE	:44	:59	:39	:54	:34	:49	:29	:44	:24	:39
	:30	:45	:25	:40	:20	:35	:15	:30	:12	:25
LOW	:29	:44	:24	:39	:19	:34	:14	:29	:11	:24
	:24	:30	:19	:25	:13	:20	:18	:15	:06	:10
VERY LOW	:24	:30	:19	:25	:13	:20	:18	:15	:06	:10

SIT & REACH

A. Equipment:

Yardstick
Adhesive Tape

B. Procedures:

1. The participant may warm up with a few practice stretches before being tested.
2. The participant sits on the floor with the legs extended and the heels about five inches apart.
3. The heels must touch the inside edge of the tape marker on the floor.
4. The yardstick is placed between the legs of the participant so that the 15-inch mark touches the near edge of the taped heel line marker.
5. The participant slowly reaches forward with both hands as far as possible and touches the fingertips to the yardstick, holding this position momentarily. The yardstick indicates the distance reached. The participant must not attempt to add length by lunging forward.
6. The examiner should hold the participant's knees to the floor while the test is being administered.

C. Results:

The participant will have three attempts with the distance in inches being recorded each time.

_____, _____, _____. Circle best score.

D. Scoring:

Check the scores with the norms provided.

SIT & REACH TEST NORMS (inches)

AGE & SEX

FITNESS RATING	Under 30		30-39		40-49		50-59		60 & Over	
	F	M	F	M	F	M	F	M	F	M
VERY HIGH	> 23	> 22	> 23	> 23	> 23	> 22	> 22	> 21	> 22	> 21
HIGH	20-23	19-22	20-23	19-22	19-22	18-21	19-22	18-21	19-22	18-21
MODERATE	18-19	12-18	18-19	12-18	17-18	12-17	17-18	11-17	17-18	11-17
LOW	14-17	9-11	14-17	9-11	12-16	8-11	11-16	8-11	10-16	8-9
VERY LOW	< 14	< 9	< 14	< 9	< 12	< 8	< 11	< 8	< 10	< 8

THREE MINUTE STEP TEST

A. Equipment:

- Bench 12 inches high
- Metronome
- Stopwatch

B. Procedures:

1. The participant faces the bench and in cadence with metronome steps one foot up on the bench (first beat), steps up with the second foot (second beat), steps down with one foot (third beat), and steps down with the other foot (fourth beat).
2. The participant then begins the test, and the examiner must check the rhythm and correct it if necessary. The examiner will indicate when each minute has been completed.
3. Upon completing the three minute test, the participant sits down quickly, while the examiner measures the heart rate.
4. The examiner locates the pulse as soon as the participant sits and begins counting five seconds after the completion of the exercise, and counts for one full minute.
5. The participant may voluntarily stop the test at any time. The examiner should stop the test if the participant becomes excessively short of breath or fatigued, or develops pain or discomfort.

C. Results:

The participant's heart rate should be as recorded _____. For those unable to complete the three minutes, record the elapsed time _____.

D. Scoring:

Check the scores with the norms provided _____.

THREE MINUTE STEP TEST NORMS

AGE & SEX

FITNESS RATING	Under 30		30-39		40-49		50-59	
	F	M	F	M	F	M	F	M
	VERY HIGH	< 80	< 75	< 80	< 75	< 85	< 80	< 85
HIGH	80-95	76-90	80-95	76-90	86-100	81-90	86-100	81-90
MODERATE	96-105	91-100	96-105	91-100	101-110	91-105	101-115	91-105
LOW	106-130	101-120	106-130	101-120	110-130	106-120	116-130	106-125
VERY LOW	> 130	> 120	> 130	> 120	> 130	> 120	> 130	> 125

FITNESS RATING	60 & Over	
	F	M
VERY HIGH	< 85	< 80
HIGH	86-100	81-95
MODERATE	101-115	95-105
LOW	116-135	106-135
VERY LOW	> 135	> 135

THREE MILE WALK (optional)

A. Equipment:

- Comfortable walking shoes and clothing
- Three-mile walking route
- Stopwatch

B. Procedures:

1. Participant walks three miles at as brisk a pace as possible.
2. Participant should be instructed to slow down if he or she experiences undue fatigue, severe shortness of breath, or pain or discomfort of any type.

C. Results:

The three-mile time is recorded _____.

D. Scoring:

Check the scores with the norms provided _____.

THREE-MILE WALKING TEST NORMS

AGE & SEX

FITNESS RATING		Under 30	30-39	40-49	50-59	Over 60
VERY HIGH	M	< 34:00	< 35:00	< 36:30	< 39:00	< 41:00
	F	< 36:00	< 37:30	< 39:00	< 42:00	< 45:00
HIGH	M	38:30-34:00	40:00-35:00	42:00-36:30	45:00-39:00	48:00-41:00
	F	40:30-36:00	42:00-37:30	44:00-39:00	47:00-42:00	51:00-45:00
MODERATE	M	42:00-38:31	44:30-44:01	47:00-42:01	50:00-45:01	54:00-48:01
	F	44:00-40:31	45:30-42:01	49:00-44:01	52:00-47:01	57:00-51:01
LOW	M	46:00-42:01	49:00-44:31	52:00-47:01	55:00-50:01	60:00-54:01
	F	48:00-44:01	51:00-46:31	54:00-49:01	57:00-52:01	63:00-57:01
VERY LOW	M	> 46:00	> 49:00	> 50:00	> 55:00	> 60:00
	F	> 48:00	> 51:00	> 54:00	> 57:00	> 63:00

MILE-AND-ONE-HALF RUN (optional)

A. Equipment & Facilities:

Comfortable running shoes and clothing
A 1-1/2 mile running course
Stopwatch

B. Procedure:

1. The participant runs/walks 1-1/2 miles as quickly as possible.
2. The participant should be instructed to slow down if he or she experiences undue fatigue, shortness of breath or pain or discomfort of any type.

C. Results:

The 1-1/2 mile run time is recorded _____.

D. Scoring:

Check scores with the norms provided _____.

1.5 MILE RUN TEST NORMS

AGE & SEX

FITNESS RATING		Under 30				
VERY HIGH	M	< 9:45	< 10:00	< 10:30	< 11:00	< 11:15
	F	< 12:00	< 13:00	< 13:45	< 14:30	< 16:30
HIGH	M	10:45-9:45	11:00-10:00	11:30-10:30	12:30-11:00	13:59-11:15
	F	13:30-12:30	14:30-13:00	15:55-13:45	16:30-14:30	17:30-16:30
MODERATE	M	14:00-10:46	14:45-11:01	15:35-11:31	17:00-12:31	19:00-14:00
	F	18:30-13:31	19:00-14:31	19:30-15:56	20:00-16:31	20:30-17:31
LOW	M	16:00-14:01	16:30-14:44	17:30-15:36	19:00-17:01	20:00-19:01
	F	19:00-18:31	19:30-19:01	20:00-19:31	20:30-20:01	21:00-20:31
VERY LOW	M	> 16:01	> 16:31	> 17:31	> 19:01	> 20:01
	F	> 19:01	> 19:31	> 20:01	> 20:31	> 21:01

600-YARD SWIM (optional)

A. Equipment/Facilities:

A swimming pool at least 20 yards long.
Stopwatch

B. Procedures:

1. The participant swims 600 yards as quickly as possible.
2. The participant should be instructed to slow down if he or she experiences undue fatigue, shortness of breath or pain or discomfort of any type.

C. Results:

The 600-yard swim time is recorded _____.

D. Scoring:

Check the scores with the norms provided _____.

600-YARD SWIM TEST NORMS

AGE & SEX

FITNESS RATING	Under 30		30-39		40-49		50-59		Over 60	
	F	M	F	M	F	M	F	M	F	M
VERY HIGH	<12:15	<11:45	<12:45	<12:00	<13:15	<12:30	<14:16	<13:30	<15:15	<14:30
HIGH	12:16	11:46	12:46	12:01	13:16	12:31	14:16	13:31	15:16	14:31
	13:15	12:45	13:45	13:00	14:15	13:30	15:15	14:30	16:15	15:30
MODER- ATE	13:16	12:46	13:46	13:01	14:16	13:31	15:16	14:31	16:16	15:31
	16:15	15:45	16:45	16:00	17:15	16:31	18:15	17:30	19:15	18:30
LOW	16:16	15:46	16:46	16:01	17:16	16:31	18:16	17:31	19:16	18:31
	18:45	18:15	19:15	18:30	19:45	19:00	20:45	20:00	21:45	21:00
VERY LOW	>18:45	>18:15	>19:15	>18:30	>19:45	>19:00	>20:45	>20:00	>21:45	>21:00

REFERENCES

1. Cooper, K. The Aerobics Way. Philadelphia: Lippincott Co., 1982.
2. Golding, L. C. Myers and W. Sinning. The Y's Way to Physical Fitness. Chicago: National Board of YMCA's, 1980.
3. Pollack, M. J. Wilmore and S. Fox. Health and Fitness Through Physical Activity. New York: John Wiley and Sons, 1978.



THE PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS
WASHINGTON, D.C. 20001

File

*Buel
lets discuss*

April 13, 1984

Mr. Michael Deaver
Deputy Chief of Staff
The White House
Washington, D.C. 20500

Dear Mike:

Thank you for sending me Ken Hill's resume and I was glad to learn that he's done such a fine job for the President in coordinating all of the security related matters at the federal level for the 1984 Olympics.

In reviewing his resume, it would appear that the only area in which the Council provides service that he has had any experience, is in athletics as a college athlete but I would like to interview Mr. Hill the first chance I get after the football season is over.

In the interim, my recommendation is to appoint Dr. Ashe Hayes, Director of Sports Administration of the existing Council staff as Executive Director for the remainder of this term. After the Presidential election, we can assess his capability for handling the position the next four years.

Dr. Hayes is a lifetime Physical Education/Athletics Administrator; has his Ph.D. from UCLA in Physical Education; was supervisor of Physical Education and Athletics for the San Diego city schools for over 10 years; was former President of the National City-Country Supervisors of Health, Physical Education, Recreation Association; and has been the number two man since March 30, 1975. Ashe has been well trained by Casey for the post.

Warm personal regards.

Sincerely,

George H. Allen
George H. Allen,
Chairman

GHA/gs