

# 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.

<b>One Mile Run (Min:sec )</b>				
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.

<b>Body Mass Index</b>				
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.

<b>Curl-up (# completed)</b>				
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.

	<b>Trunk Lift (inches)</b>			
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.

	<b>Push-up (# completed)</b>			
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.

	<b>Sit &amp; Reach (inches)</b>			
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