

## Chapter 6

### Lesson 4 Testing Your Fitness

#### Objectives

- **Explain** why you should test your fitness.
- **Explain** why you should monitor your heart rate.
- **Describe** the tests for each of the components of fitness.



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## Chapter 6

### Lesson 4 Testing Your Fitness

#### Start Off Write

How can you test your muscular strength?



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## Why Test Your Fitness?

- **Knowing Your Strengths and Weaknesses**  
Knowing your fitness strengths can help you choose new activities to try. Knowing your weaknesses helps you plan to improve your physical fitness.
- **Seeing Improvements** Regular fitness testing also helps you check for changes in your fitness.

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## Monitoring Heart Rate

- **Target Heart Rate Zone** You can estimate your target heart rate zone by using the following equations:

$$\text{MHR} = 220 - \text{age}$$

$$60\% \text{ of MHR} = \text{MHR} \times 0.6$$

$$85\% \text{ of MHR} = \text{MHR} \times 0.85$$

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## Chapter 6 Lesson 4 Testing Your Fitness

### Strength, Endurance, and Flexibility

- **Testing Your Physical Fitness** Some of the most common ways to test physical fitness are:
  1. Muscular strength and muscular endurance are tested with pull-ups and curl-ups.
  2. Cardiorespiratory endurance is tested by running or walking 1 mile.
  3. Flexibility is tested using the sit-and-reach test.



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Healthy Fitness Zones for Ages 13 to 15				
Activity		13	14	15
Pull-ups	Boys	1-4	2-5	3-7
	Girls	1-2	1-2	1-2
Curl-ups	Boys	21-40	24-45	24-47
	Girls	18-32	18-32	18-35
1-mile run (minutes and seconds)	Boys	10:00-7:30	9:30-7:00	9:00-7:00
	Girls	11:30-9:00	11:00-8:30	10:30-8:00
Sit and reach (inches)	Boys	8	8	8
	Girls	10	10	12

Source: FITNESSGRAM

### Estimating Body Composition

- **What Is Body Composition?** Body composition compares fat weight to lean weight in your body.
- **The Body Mass Index** The body mass index (BMI) is a formula that uses height and weight to estimate body composition.

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#### Healthy BMI Ranges for Ages 13 to 15

Age	Girls	Boys
13	17.5–24.5	16.6–23.0
14	17.5–25.0	17.5–24.5
15	17.5–25.0	18.1–25.0

A high BMI indicates that the ratio of fat weight to lean weight is high.

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## Chapter 6

### Lesson 5 Your Fitness Goals

#### Objectives

- **Explain** why you should try activities you like.
- **List** five influences on physical fitness goals.
- **Explain** why short-term fitness goals are important.
- **Describe** how intensity, frequency, and time affect physical fitness.



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### Lesson 5 Your Fitness Goals

#### Objectives

- **List** seven things that you could write in a fitness log.



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### Lesson 5 Your Fitness Goals

#### Start Off Write

What are three things that influence your fitness?



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### Lesson 5 Your Fitness Goals

#### What Do You Want to Do?

- **Choosing an Activity** Most people choose activities they think are fun. If you are having fun, you are less likely to quit.
- **Setting Goals** If you are trying to improve your fitness, try setting fitness goals. For example, you may want to improve muscular strength. If so, set a goal to be able to lift a certain amount of weight.



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### Lesson 5 Your Fitness Goals

#### What Affects Your Goals

- **Risks vs. Benefits** As you set goals, you need to balance the risks against the benefits of physical activity.
- **Your Parents and Friends** Pay attention to how your parents and your friends affect your goals. Parents and friends can be very supportive of your fitness goals.



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### Lesson 5 Your Fitness Goals

#### How Will You Achieve Your Goals?

- **Making a Plan** A good fitness plan improves physical fitness over a long period of time. Set a series of short-term goals that lead to a long-term goal. You will get a sense of accomplishment when you meet your short-term goals.



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### Lesson 5 Your Fitness Goals

#### Are You FIT?

- **Improving Fitness** To see improvement in your fitness, you need to increase the frequency, intensity, and time of your workouts:
  1. **F**requency is how often you exercise.
  2. **I**ntensity is how hard you exercise.
  3. **T**ime is how long you exercise.



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### Lesson 5 Your Fitness Goals

#### How Can You Monitor Your Progress?

- **Fitness Logs** To check your progress, you should test yourself often. Record your results in a fitness log.
- **Recording Workouts** You should also record how long your workouts last in your fitness log. You can include information about your heart rate, how you felt during your workout, and the weather conditions if you were outside.



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