



PELTP COOPER INSTITUTE

PHYSICAL FITNESS TESTING PROTOCOLS

Each participant will be given time and encouraged to warm-up independently prior to beginning the fitness test.

VERTICAL JUMP: (Total max vertical jump measured in inches)

1. Maximum vertical reach is established by reaching overhead as far as possible while keeping both feet flat on the floor. The measurement is measured in total inches from the ground.
2. Maximum vertical jump is established by the following:
 - a. The proctor will raise the Vertec so the bottom peg is touching the outstretched finger tips of the jumpers reach.
 - b. The jumper will be required to keep 1 foot (of choice) stationary and allowed to move the other foot back or in a position of preference.
 - c. The jumper will jump vertically straight up pushing the Vertec vanes out of the way. (Slapping at the vanes is not allowed.)
 - d. The jumper will be allowed 3 attempts to increase the number of vanes pushed out of the way.
 - e. Maximum vertical jump is measured by adding the jumper's maximum height reached by calculating the Vertec vanes hit.
3. Calculation: Max vertical jump (inches) = vertical jump total

SIT UP TEST: (Total number of repetitions in one minute)

1. Sit up test begins with the participant lying on their back with knees bent and a partner holding their feet with their hands. (Sitting or kneeling on the participant's feet is not allowed)
2. The participant will interlock their fingers behind their head and start on their backs.
3. The UP phase of the sit-up is complete when the elbows of the participant either touch the thighs or cross the vertical plane of the participant's knees.
4. The down phase of the sit-up requires the participant's shoulder blades to touch the mat below them upon returning to the start position.
5. A participant may rest ONLY in the UP position while maintaining their required form with hands interlocked behind their heads. If the participant attempts to rest in the DOWN position, their test will be completed and their total number of sit-ups will be recorded from the point.
6. Each sit-up is counted when reaching the appropriate UP position with hands remaining interlocked behind the head.
7. Each participant may NOT lift their hips off the mat surface.

PUSH-UP TEST: (Total number of repetitions in one minute)

1. The participant will start in the UP prone planked position with hands slightly wider than shoulder width, elbows fully extended and feet close together.
2. This position must be maintained throughout the test. NO piking or arching of the back is allowed at any time during the test.
3. The participant will lower their chest down to the provided sponge then return to the UP starting position.
4. Each repetition is counted when the participant returns to the UP starting position with elbows fully extended.
5. Participants may rest in the UP starting position without piking, arching, or placing a knee/lower leg on the mat.

300METER RUN: (Measured in minutes:seconds)

Each participant will run 300 meters around the track. The track is located at Liberty High School 5855 Bartholow Rd, Eldersburg, Md. 21784. Each runner will begin at the starting line and run to the 300 meter designated finish line and the time be recorded upon crossing the line.

1.5 MILE RUN: (Measured in minutes:seconds)

Each participant will run a total of 6 laps around the designated. The track is located at Liberty High School 5855 Bartholow Rd, Eldersburg, Md. 21784. There is a clearly marked line in which each runner will be required to stay on the outside of until the 5 laps are completed. The start/finish line is located in the same location. The runner's time will be recorded upon completion of the 6th lap and recorded.