

Daily SEVEN Challenge Assessment Conductor Information

The following information is provided to help you conduct the Daily SEVEN Challenge initial and final fitness assessment protocols with a minimum of problems.

In order to provide a uniform consistent assessment routine it is imperative that the various protocols be performed exactly as outlined in the accompanying instructions.

The data collected will eventually be returned to the School of Kinesiology at Lakehead University for processing and the accuracy of that data is dependent upon you completing the assessment and recording the results as outlined.

Note: Those that participate in the Daily SEVEN Challenge are required to complete both a Physical Activity Readiness Questionnaire (Par-Q) screening form and an informed consent form before participation – these are both included on the website or in the package.

Procedures to Follow

- Inform the participant of what will be involved in the assessment and that the results will provide a baseline measure of their current level of physical fitness.
- Have the participant complete the required Par-Q form and hand in their signed consent form.
- If any item is checked “Yes” on the Par-Q – the participant should not complete the physical fitness assessment – you would recommend that they see his/her local health professional to discuss the issue and get clearance for vigorous physical activity.
- Encourage the participant to complete the assessment protocols to the best of his/her ability and provide words of encouragement while performing the tasks.
- Make sure you have set up the required equipment and have reviewed the protocol before engaging the participant in activity.
- Once a participant can no longer perform the task using the required technique they should be asked to stop.
- Record the assessment results accurately on the form provided.
- Fax the Par-Q, signed consent form, participant form (including the results) and this form to SEVEN Youth Media Network at 807-344-3182 AND mail the originals in an envelope to SEVEN Youth Media Network 2nd Floor Royal Bank Building Suite 202, Victoriaville Centre, 620 Victoria Ave. East Thunder Bay, ON P7C 1A9 – the originals ARE needed and MUST be forwarded to SEVEN as instructed.

Thanks for contributing to this very worthwhile project.

Queen's College 3-Minute Step Test

Objective:

- The objective of this test is to assess the condition of the heart and lungs - cardio-respiratory fitness.

Equipment:

- a step 16.25 inches or 41.3 cm high – could be a bench or a good solid chair with someone holding it
- a stop watch or watch with a second hand
- metronome or click on sound file link indicated.
- an assistant who is able to take a radial pulse.

Testing:

- step up and down on the step for 3 minutes at the following rate:
 - Male - 24 steps per minute – set metronome at 48 or click sound file link [metronome 1](#)
 - Female - 22 steps per minute – set metronome at 44 or click sound file link [metronome 2](#)
- make sure the participant fully extends knees when stepping up
- use a metronome or computer sound file and have someone to help keep to the required pace using an up, up, down, down pattern
- Note: encourage the participant to complete all three minutes of the test

Scoring:

- have participant sit immediately following test, find the radial pulse and complete a 15 second pulse count
- **record the 15 sec. pulse count on the Results Summary Page**

V - Sit and Reach Test

Objective:

- To measure flexibility of lower back and hamstrings by reaching forward as far as possible while in a seated position.

Equipment:

- tape measure
- masking tape
- pen or marker

Set-up:

- mark a straight line with masking tape two feet long on the floor as the baseline.
- draw a measuring line with masking tape perpendicular to the midpoint of the baseline (forming a cross) extending two feet on each side and marked off in half-inches. The point where the baseline and measuring line intersect is the "0" point.

Testing:

- participant removes shoes and sits on floor with measuring line between legs and soles of feet placed immediately behind baseline, heels 8-12" apart.
- participant clasps thumbs so that hands are together, palms down and places them on measuring line.
- with the legs kept as straight as possible, student slowly reaches forward as far as possible, keeping fingers on baseline and feet flexed.
- after two practice tries, the participant holds the third and fourth reach for three seconds while that distance is recorded.
- legs must remain straight with soles of feet held perpendicular to the floor (feet flexed). Participants should be encouraged to reach slowly rather than "bounce" while stretching.
- suggest that they put their head down between their arms and breathe out as they reach forward.

Scoring:

- scores, recorded to the nearest half inch, are read as plus scores for reaches beyond baseline, minus scores for reaches behind baseline.
- **record the + or – reach score on the Results Summary Page.**

Partial Curl-up (Crunches)

Objective:

- To measure abdominal strength/endurance by maximum number of curl-ups performed.

Equipment:

- exercise mat or at least a stable carpeted surface
- metronome set at 40 beats per minute or use the sound file link [metronome 3](#) listed below

Set-up:

- have participant lie on their back on a cushioned, clean surface with knees flexed at 90° angle
- the feet are NOT held or anchored
- arms are extended forward with fingers resting on the thighs and pointing toward the knees

Testing:

- the participant being tested curls up slowly sliding the fingers up the legs until the fingertips touch the kneecap, then back down until the shoulders touch the surface
- the curl-ups are done to a metronome (or use this sound file link [metronome 3](#))
- with one complete curl-up every three seconds (20/min.), and are continued until the participant can do no more in rhythm (has not done the last three in rhythm) or has reached their maximum

Scoring:

- record only those curl-ups done with proper form and in rhythm.
- **record the number of curl-ups completed on the Results Summary Page.**

Rationale:

- the partial (abdominal) curl-ups, done slowly with knees bent and feet not held, replaces the older complete sit-ups because they are a better indicator of the strength and endurance of the abdominal muscles rather than hip flexors and lessens the incidence of lower back pain.
- the introduction of the metronome provides for assessment of both muscular strength and muscular endurance.

Right Angle Push-ups

Objective:

- To measure upper body strength / endurance by maximum number of push-ups completed.

Equipment:

- an exercise mat or stable carpeted surface (could be done on the bare floor if needed)
- a metronome set at 40 bpm or click on this sound file link [metronome 3](#)

Testing:

- the participant lies face down on the mat in push-up position
- hands under shoulders, fingers straight and facing forward or turned out slightly, with legs straight, parallel, and slightly apart, with the toes supporting the feet, elbows should be held close to the body
- the participant straightens the arms, keeping the back and knees straight, then lowers the body until there is a 90-degree angle at the elbows, with the upper arms parallel to the floor
- a partner holds her / his hand at the point of the 90-degree angle so that the participant being tested goes down only until her / his shoulder touches the partner's hand, then back up.
- the push-ups are done to a metronome set at 40 bpm., push up on one beat down on the next completing one push-up every three seconds (20/min.), and are continued until the participant can do no more in rhythm (has not done the last three in rhythm)

Scoring:

- **record the number of push-ups completed on Results Summary Page.**

Rationale:

- right angle push-ups are recommended for upper body strength / endurance testing because the participant's body weight has less effect than it does in pull-ups.
- the introduction of the metronome provides for assessment of both muscular strength and muscular endurance
- right angle push-ups provide a better indicator of the range of strength / endurance found in children and youth, whereas many are unable to do any pull-ups.
- pull-ups remain an option for those participants at higher levels of strength / endurance.

90-degree Wall Sit

Objective:

- To measure lower body strength / endurance by maximum time completed.

Equipment:

- warm dry location – should have tile or wood floor
- smooth wall
- stop watch or a watch with a second hand
- an assistant

Testing:

- participant should wear gym shoes for this activity
- participant stands with back flat against the wall, feet out from the wall.
- participant squats until their thighs are perpendicular to the floor. Adjust the feet out from the wall to make a right angle at the knees and hips.
- hold position for as long as possible.
- hands can rest on thighs but should not be used to help stay in position
- make sure the knees do not push past the feet when in the seated position.

Scoring:

- **record the time completed in seconds on the Results Summary Page.**

Rationale:

- Note that this is usually a sixty second test but becomes a measure of both lower body strength and endurance by holding the position for as long as possible.

Daily SEVEN Challenge
Initial Fitness Assessment Results
To be administered January 8, 2010

Name: _____ Gender: M F

Age: _____ Date of Assessment: _____

Height: _____ cm. or _____ in. Weight: _____ lbs. or _____ kg.

Pre-assessment Resting 15 second pulse count: _____

Step Test:

15 second pulse count: _____

V - Sit and Reach Test:

Trial One: _____ cm. Trial Two: _____ cm.

Partial Curl-up:

Total Number of Curl-ups: _____

Push-ups:

Total Number of Push-ups: _____

Wall Sit

Total time in seconds: _____

Comments/Observations:

Name of Assessor: _____

Role in Community: _____

Daily SEVEN Challenge
Final Fitness Assessment Results
To be administered February 26, 2010

Name: _____ **Gender:** **M** **F**

Age: _____ **Date of Assessment:** _____

Height: _____ cm. or _____ in. **Weight:** _____ lbs. or _____ kg.

Step Test:

15 second pulse count: _____

V - Sit and Reach Test:

Trial One: _____ cm. Trial Two: _____ cm.

Partial Curl-up:

Total Number of Curl-ups: _____

Push-ups:

Total Number of Push-ups: _____

Wall Sit

Total time in seconds: _____

Comments/Observations:

Name of Assessor: _____

Role in Community: _____