



# 16.1

## Self-Assessment

Student text page 282

### REASSESSING CARDIOVASCULAR FITNESS AND MUSCULAR ENDURANCE

**Objective:** To reassess cardiovascular fitness and muscular endurance.

**Procedure:** Follow the instructions on textbook page 282.

#### Part 1: Cardiovascular Fitness

Choose at least one test from the chart below to reassess your cardiovascular fitness. Use the rating charts on the textbook pages listed below to determine your cardiovascular fitness rating.

| Assessment   | Rating chart page | Score        | Fitness rating |
|--------------|-------------------|--------------|----------------|
| PACER        | 123               | (laps)       |                |
| Step Test    | 108               | (heart rate) |                |
| One-Mile Run | 109               | (time)       |                |
| Walking Test | 94                | (steps)      |                |

#### Part 2: Muscular Endurance

Record your results for muscular endurance in the following chart. Use the rating charts on the textbook pages listed below to reassess your muscular endurance rating. Choose at least one assessment from each area and check the boxes to indicate which assessments you've performed.

| Area           | Assessment      | Rating chart page | Assessments done (check) | Time held or number done | Fitness rating |
|----------------|-----------------|-------------------|--------------------------|--------------------------|----------------|
| Upper Body     | Push-Up (90°)   | 30                | <input type="checkbox"/> |                          |                |
|                | Bent Arm Hang   | 206               | <input type="checkbox"/> |                          |                |
|                | Side Stand      | 204               | <input type="checkbox"/> |                          |                |
| Lower Body     | Leg Change      | 206               | <input type="checkbox"/> |                          |                |
| Abdominals     | Curl-Up         | 29                | <input type="checkbox"/> |                          |                |
|                | Sitting Tuck    | 205               | <input type="checkbox"/> |                          |                |
| Back and Trunk | Trunk Lift      | 122               | <input type="checkbox"/> |                          |                |
|                | Trunk Extension | 205               | <input type="checkbox"/> |                          |                |

#### Discuss Your Results

- Why did you choose the assessment items that you performed?

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- Compare your cardiovascular fitness reassessment with your self-assessments in chapters 6, 7, and 8, and your muscular endurance reassessment with your self-assessments in chapters 2 and 12. Discuss any changes in your ratings and the reasons for them.

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