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## 4.5 Curl Up Measuring Strip Cooper

**fitnessgram fitness areas, test options, and equipment** - curl-up • gym mat • 3-inch measuring strip for 5 to 9 year olds or 4.5-inch measuring strip for students older than 9 years of age • cd or cassette player with adequate volume • cd or audiocassette with cadence trunk lift4 • gym mat • yard stick or 15-inch ruler push-up4 • gym mat • cd or cassette player with adequate volume **summary of fitness test principles - the texas education ...** - summary of fitness test principles ... 4 5 fitnessgram® tests six recommended tests are bolded aerobic capacity 1) pacer (progressive aerobic cardiovascular endurance run) - set to music, a ... curl up - measuring abdominal strength and endurance, students lie down **fitnessgram fitness areas, test options, and equipment** - curl-up:~ gym mat:~ measuring strip (3-inch for 5 to 9 year olds, 4.5-inch for students 9+)~ cd or cassette player with adequate volume~ cd or audio-cassette with cadence: trunk extensor strength and flexibility test options: equipment needed: **curl-ups - bethlehem central school district** - curl-ups this activity measures abdominal strength and endurance. ... the curl-up should be counted only if performed correctly. shuttle run ... a measuring line four feet long is drawn perpendicular to the midpoint of the baseline, extending two feet on **fitnessgram recommended tests handout** - six recommended tests are bolded aerobic capacity 1) pacer ... curl up - measuring abdominal strength and endurance, students lie down with knees bent and feet unanchored. set to a specified pace, students ... 4 5 6. title: microsoft word - fitnessgram recommended tests handout **the curl-up - pc\|mac** - are stretched out and the head is in contact with the mat. student curls up and moves the fingertips from one side of the measuring strip to the other (3.0 inches to 4.5 inches). head must touch the mat at the end of each curl-up. interpreting curl-up scores **muscular strength, endurance, and flexibility - pyfp** - muscular strength, endurance, and flexibility tests of muscular strength, muscular endurance, ... the curl-up assess-ment used in . fitnessgram. ... (3 or 4.5 inches) and then return to the supine posi-tion. the movement is completed when the back of **aspen fitness program - peeschools** - curl-up objective: to evaluate abdominal muscular strength and endurance by completing as many curl-ups as possible up to a maximum of 75 at a specified pace. equipment/facilities: gym mats and a cardboard measuring strip for every two students are needed. the strip should be approximately 30" x 4.5" **validity and reliability of curl-up test on assessing the ...** - not appear to understand the test. ater performing the curl-up test, the participants were asked to go back to classroom and rest. he other group was asked to perform a test by the instructors when the one group was resting so that the groups were rotated ater each test. curl up test he participants lied in a supine position on the yoga mat and the **fitness assessments for individuals who use a wheelchair** - push-up/curl up test recording sheet 4142 - seated balance test recording sheet 43 modified functional reach test recording sheet 44 **a-cr-ccp-803/pf-001 common training proficiency level ...** - proficiency level three instructional guide section 5 eo c304.01 - participate in the cadet fitness assessment ... 4-5-6 gym mats, and curl-up measuring strip. activity layout n/a. ... 4-5-7 2. have the cadet push up with their arms until they are straight, keeping the legs and back aligned. ... **21 century medicine: preventive medicine and wellness** - #3 curl-up measuring abdominal strength and endurance, students lie down with knees bent and feet unanchored. set to a specified pace, students complete as many repetitions as possible to a maximum of 75. #3 curl#3 curl--upup measuring abdominal strength and endurance, students lie down with knees bent and feet unanchored.

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