**FITNESS TEST**

**Skill(s):** Running, Curl-ups, Pull-ups, V-Sit and Reach

**Introduction:** When conducting fitness testing, consider using the following modifications for each activity.

**Activity: Mile Run**

**Equipment:** Cones

Scarves

Balloon(s)

**Modifications:**

* Establish a shorter route within the mile route with everyone ending together.
* Encourage partner running.
* Walk/run a shortened distance within a predetermined time (i.e., 2 laps in 6 minutes)
* Walk around a set of cones and count how many cones they pass.
* Hand a scarf (or other small, soft object) to the student every time the pass the starting point to keep track of how many laps they complete. This can be used as a motivator for some students.
* Blow up a balloon in a certain number of minutes

**Wheelchair Modifications:**

* Maneuver chair around cones set up as a slalom course or as laps
* Swing arms back and forth for a predetermined amount of time without stopping
* Lift feet off of wheelchair footrests continuously for 1-3 minutes
* Blow up a balloon in a certain number of minutes
* Student pushes chair on curves, instructor pushes on straight-aways (or vice-versa)

**Activity: Shuttle Run**

**Equipment:** Cones

Erasers

Chair or table

Balloon

Empty tennis ball can (optional)

**Modifications:**

* Set erasers on a chair or table to avoid bending
* Have a partner hand erasers to student
* Encourage partner running
* Run holding a partners elbow
* Run with hand along wall or holding onto a string (visual impairment)
* Put Velcro on the erasers and on a paddle to help retrieve
* Establish a shorter route
* Attach an empty tennis ball can to walker or crutch to put eraser in
* Blow up a balloon in a certain number of minutes

**Wheelchair Modifications:**

* Carry erasers on lap while moving in the wheelchair
* Student pushes down, instructor pushes back
* Swing arms back and forth for a predetermined amount of time without stopping
* Lift feet off of wheelchair footrests continuously for 1-3 minutes

**Activity: Curl-ups (Sit-ups)**

**Equipment:** Floor Mats or Yoga Mats

**Modifications:**

* Allow the use of elbows to get into the up position
* Raise bent knees up to towards chest. Hug knees at the top.
* Allow student to lift far enough to touch knees, shins, ankles, or shoes
* Begin in up position, lower back as far as possible, and return to up position
* Lift head or head and shoulders off of the mat
* Provide support by grasping forearms and assisting student into up position

**Wheelchair Modifications:**

* Lift both feet off of the footrest or floor
* Lean forward in chair as far as possible, return to upright position
* Move head side to side or forward and back if lower body flexion is not possible

**Activity: Pull-ups**

**Equipment:** Floor mats

Dumbbell (optional)

Medicine ball (optional)

Thera-band (optional)

Jump rope (optional)

Hula hoop (optional)

**Modifications:**

* Flexed arm hang
* Straight arm hang
* Stand and pull up so that feet leave floor – legs straight or bent
* Perform standard push-up
* Perform knee or wall push-ups
* Maintain the “up” position of a push-up for a certain number of seconds
* Raise and lower a weight – dumbbell, medicine ball, soup can, softball bat
* Instructor/partner pushes against student’s extended arms while student resists body weight
* Bicep curls with thera-band
* Adjust height of bar to enable student to do a pull up from supine position
* Maintain grip on the bar as long as possible from sitting of standing position

**Wheelchair Modifications:**

* Raise and lower a weight – dumbbell, medicine ball, soup can, softball bat
* Instructor/partner pushes against student’s extended arms while student resists body weight
* Bicep curls with thera-band
* Adjust height of bar to enable student to do a pull up from supine position
* Maintain grip on the bar as long as possible from sitting of standing position
* Have student hold onto end of jump rope or hula hoop, add resistance

**Activity: V-Sit and Reach**

**Equipment:** Sit and Reach Box

Floor mat

**Modifications:**

* Reach to knees, shins, shoes, or shoelaces and hold for \_\_\_ seconds
* Reach and record for each hand instead of both together
* Instructor pushes (gently) the upper back of the student to encourage forward movement
* Allow slight bend in the knees when reaching
* Place target or reinforce in front of student, encourage student to reach for it

**Wheelchair Modifications:**

* Hold object in front of student and encourage them to reach for it
* Park chair facing wall, encourage student to touch wall
* Place box on table or desk

Adapted from Fairfax County Public Schools; Physical Disabilities Program