### Aerobic Capacity Test Options

<table>
<thead>
<tr>
<th>Option</th>
<th>Equipment Needed</th>
</tr>
</thead>
</table>
| One-Mile Run    | □ Flat, measured running course  
                  □ Stopwatch  
                  □ Scale                                               |
| PACER           | □ Flat, non-slippery surface 15 or 20 meters in length  
                  □ CD or cassette player with adequate volume  
                  □ CD or audio-cassette with music/timing  
                  □ Measuring tape  
                  □ Marker cones                                       |
| Walk Test       | □ Flat, measured course  
                  □ Stopwatch  
                  □ Scale                                               |

### Body Composition Test Options

<table>
<thead>
<tr>
<th>Option</th>
<th>Equipment Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skinfold Measurements</td>
<td>□ Skinfold caliper</td>
</tr>
</tbody>
</table>
| Body Mass Index | □ Scale  
                  □ Ruler (stadiometer) or measuring tape                            |
| Percent Body Fat | □ Bioelectric impedance analyzer or automated skinfold caliper  
                  □ Scale  
                  □ Ruler (stadiometer) or measuring tape                            |

### Abdominal Strength and Endurance Test Options

<table>
<thead>
<tr>
<th>Option</th>
<th>Equipment Needed</th>
</tr>
</thead>
</table>
| 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

<table>
<thead>
<tr>
<th>Option</th>
<th>Equipment Needed</th>
</tr>
</thead>
</table>
| Trunk Lift  | □ Gym mat  
                  □ Yard stick or 15-inch ruler                                                   |

### Upper Body Strength and Endurance Test Options

<table>
<thead>
<tr>
<th>Option</th>
<th>Equipment Needed</th>
</tr>
</thead>
</table>
| Push-Up            | □ Gym mat  
                  □ CD or cassette player with adequate volume  
                  □ CD or audio-cassette with cadence                                                  |
| Modified Pull-Up   | □ Gym mat  
                  □ Modified pull-up stand with elastic band                                   |
| Flexed-Arm Hang    | □ Horizontal bar  
                  □ Chair or stool  
                  □ Stopwatch                                                        |

### Flexibility Test Options

<table>
<thead>
<tr>
<th>Option</th>
<th>Equipment Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Back-Saver Sit and Reach</td>
<td>□ Sit-and-reach box</td>
</tr>
<tr>
<td>Shoulder Stretch</td>
<td>None</td>
</tr>
</tbody>
</table>