

2015 SOKOL FITNESS CHALLENGE for AGES 60+

This assessment involves four events which results in an all around score. It is open to men and women ages 60+. Divisions will be as follows:

W 60-64, W 65-69, W 70-74, W 75-79, W 80-84, W 85-89, W 90+
M 60-64, M 65-69, M 70-74, M 75-79, M 80-84, M 85-89, M 90+

ONLY record scores on the score sheets. The program coordinators will put the appropriate points on the score sheets for you. You will see the scores when the pages are returned with the awards.

The enclosed paper shows the **NORMAL RANGE** of scores for the tests and is to be used simply as an informational sheet for your participants.

EVENTS

2 Minute Step Test – *will measure aerobic endurance*

Equipment – stopwatch, masking tape or wand, paper to make tally marks for counting

Establish the stepping height...find the midpoint between the participant's kneecap and the hip bone. Mark a nearby wall with masking tape at that height to use as a guide for the correct stepping height. Hold a wand or yardstick at this height so the person knows how high to step.

On the "go" signal the participant begins stepping in place, raising each knee to the indicated height.

The **Score** is the number of steps completed in 2 minutes. Each time a knee reaches the marked level – count it as a step.



Back Scratch Test - *will measure upper body flexibility*

Equipment – a ruler

Have the person reach one hand over the shoulder and down the back; the other around the back and up the middle. Each person should practice to determine the preferred position (best hand over the top)

After two warm-up practice trials, administer the test. Two trials per person.

Measure the distance between the middle fingers.

Record scores to the nearest ½ inch. Record the **best** score.

Minus scores will be the distance short of the middle fingers touching;

Plus scores will show the amount of overlap of the fingers.

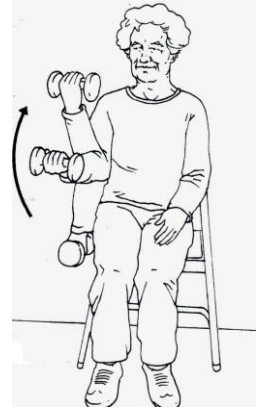


Arm Curl Test – will measure upper body strength and endurance

Equipment – stopwatch, chair with no armrests, **5# weight for women, 8# weight for men**

The stronger arm is used. The person sits on the chair, holding the weight down at the side perpendicular to the floor, in a handshake grip. On the signal “go” the participant will curl the weight through a full range of motion to a bent position with the palm up and then return to the starting position. The arm must be fully bent and fully straightened. Repeat this action as many times as possible in **30 seconds**.

The **Score** is the number of curls completed in 30 seconds.



Chair Stand Test - will measure lower body strength and endurance

Equipment – straight back chair without arm rests, stopwatch

Place the chair against a wall for safety. The person sits on the chair with feet on the floor shoulder width apart. The arms are crossed at the wrists and held close to the chest. From the sitting position the person stands completely up to a stand, then sits completely back down. This is repeated for **30 seconds**. Count the number of complete chair stands (up and down equals one stand) When the time is up if the person has completed a full stand, that one is counted. The **Score** is the number of completed stands in 30 seconds.

