

UNIT 5 - MUSCULAR SYSTEM

ACTIVITY - How Physically Fit Are You?

Name _____

Period _____

Complete the following physical fitness tests with a partner. Remember that to determine how physically fit you are involves your height, weight, pulse rate and lung capacity in addition to these tests, but it does give you an idea of muscle strength and tone.

Part I. Push Ups

Record how many push-ups you can complete in one minute.

Partner #1 _____

Partner #2 _____

Part II. Flexibility

Sit on the floor with your legs extended. Have a meter stick with a particular point even with the tip of your toes. (It doesn't matter what number you pick, as long as you are consistent.) Keeping your knees straight, bend over and reach for your toes. If you cannot reach your toes, record how far away from them you are as a negative value. If you can reach past your toes, record how far past them you can reach as a positive value. If you can touch your toes, record that value as 0.

Partner #1 _____

Partner #2 _____

Part III. Sit-ups

Complete each series of sit-ups before going on to the next group. You should be able to do 4 in each series. In all cases, the knee should be bent to prevent lower back strain.

Set 1.

Bend your knees, keep your arms at your side. Your lab partner should hold your feet for you.

Partner #1 _____

Partner #2 _____

Set 2.

Bend your knees, arms at your side. Your feet should not be held.

Partner #1 _____

Partner #2 _____

Set 3.

Bend your knees, cross your arms across your chest.

Partner #1 _____

Partner #2 _____