

K-FIT Protocols and Suggestions

PACER:

- May use either 20 meter or 15 meter courses – just make sure beeps match the distance😊
- Students' first "miss" still counts, second one ends the test. The minimum score would be 1.
- Misses do not need to be consecutive.
- When a student "misses", they immediately turn around and keep going.
- Students only need to have their foot touch the line before the beep, the body does not have to cross the line.
- Teachers can develop their own system for how scores are recorded (paired students, individual score sheets,...)
- Regulation volleyball court is 60 feet, by adding one step on either side of the court the distance is approximately 20 meters.

Push-Ups:

- We want students to learn how to execute a proper push-up, so they will need to practice – correctly.
- Emphasize that students strive for a 90 degree angle of the arm in the down position.
 - A variety of devices (collapsible cones, nerf balls) can be placed under student's chest to help them gauge when they reach 90 degrees; however length of arms will differ, so some things won't work for all students.
- Focus on teaching students kinesthetic feel of proper push-up: straight back, "stiff like a board".
- Emphasize the need to stay on cadence. Avoid tendency to come up too soon.
- May want to have students start in a position where their arms are extended, but are resting on one knee as the first instructions are to go down.
- First miss still counts. Lowest score will be "1".

Curl-ups:

- Heels need to stay on the ground, but feet do not have to be kept flat.
- Getting into proper position at start is critical: relaxed shoulders, fingers extended.
- Emphasize students stay on cadence, head touches the mat, and that the student isn't coming up too far.
- To test multiple students at a time - run tape along a mat either near the edge or two strips the required distance apart.
- Students should practice curl-ups and learn what proper form feels like.
- First miss still counts. Lowest score will be "1".

Sit-and-Reach:

- Test the left leg first, then the right – this is the order listed in FG when entering scores.
- Students start with both feet flat against surface, then place right foot by their left knee (spaced by the distance of their own fist).
- Students should reach smoothly three times & hold the fourth reach for score to be recorded.
- If using a sit-and-reach box that has a sliding guide, make sure the tension is appropriate.
- Do **NOT** have anyone push down on student's knee, if student brings knee up, tell them and instruct them that they need to keep it down.
- Students should practice sit-and-reach and learn what proper form feels like.
- Sit-and-reach boxes can be constructed out of milk crates, boxes, gym bleachers, etc... and yardsticks/rulers. If creating sit-and-reach boxes, the edge is at the 9 inch mark.

Trunk Lift:

- Students lay face-down on a mat with their hands tucked under their thighs.
- Place a marker (piece of tape, penny,...) in line with the student's eyes and instruct them to keep it in their vision as they raise their head.
- Students do not have to hold for a set time, just long enough for a measurement to be taken.
- Students need to keep toes on the mat.
- Students should avoid ballistic movement.
- Efficient ways of conducting the trunk lift include:
 - Line students up across the gym floor and move along on a scooter calling off measurements to a recorder.
 - In a gym with a stage, have students up on the stage so the teacher can walk along taking measurements.

Key Points to Remember!

1. Consistency of testing protocol is essential for the data to be reliable. Regardless of the school's location, the testing protocols need to be the same.
2. The data the Cooper Institute has used to develop the standards is not "perfect" data (not all "perfect" push-ups or curl-ups). The Cooper Institute data is similar to what is being collected across Kansas, since we are all following the same testing protocols.

For more information or to participate in K-FIT, please contact Mark Thompson (mathompson@ksde.org) or Kelly Wayner (kwayner@ksde.org).

