



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Health Assessment Descriptions

Body Weight

Measured in pounds on scale at the YMCA.

Body Composition

To estimate percent body fat. We will use a skinfold assessment, including these four sites: triceps, abdominal, suprailiac (hip), and upper thigh.

3-Minute Step Test

To measure cardiovascular endurance. Participant will step up and down on an aerobic step for 3 minutes. Heart rate will be measured to determine recovery rate.

Sit-Up Test

To measure muscular strength and endurance. Participant will perform as many half sit-ups as possible in one minute.

Sit & Reach Flexibility Test

To measure flexibility. We will use the sit and reach flexibility box to estimate flexibility of lower back and hamstrings.

Push-Up Test

To measure muscular strength and endurance. Males will use the standard pushup position; females will use the bent-knee position. This is not a timed test; participants will do as many push-ups, in correct form, until exhaustion.