Personal Fitness Test Out Exam

In order to earn credit for Personal Fitness by testing out, students must pass all 3 sections of this test, with an 80% or higher in each segment. If a student fails to pass one section, the student will not continue to the next portion of the exam. There is also a class limit to the number of participants that may be enrolled at one time.

PART I: RUNNING-30 Minute Run
Students will participate in a 30 minute run. They are to complete as many laps, on the outdoor track, as they can in 30 minutes. In order to pass this portion of the test, the student must complete 12 laps (3 miles), within the 30 minute time frame.

PART II: SWIMMING
*The student must complete 24 intervals, 2 lengths (50 yards) of the pool. Each lap must be completed in a minute and fifteen second interval. Failure to complete any interval in the designated time results in a failure of the test.

*Students must also achieve 80% or higher in the following skills tests in order to pass the next section of the swimming test which includes the following:

*The student must swim, 2 lengths of the pool continuously, demonstrating proficiency in each of the following strokes:
- Free style
- Back stroke
- Elementary Backstroke
- Sidestroke
- Breaststroke

*In the Deep Well the student must demonstrate proficiency in performing the following skills:
- Stride Jump
- Shallow Dive
- Deep Dive
- 4 Step Approach off the diving board
- Survival Tread (15 minutes)

PART III: WRITTEN TEST
Book name: Personal Fitness-Looking Good, Feeling Good…
ISBN #0-7872-4726-X
Students must achieve 80% or higher on a 100 question objective test covering information in the current Personal Fitness textbook.

The test information may be made up of any combination of matching, multiple choice, true and false, or short answer questions.

The running portion of the exam will begin at 9:00 a.m. at the outdoor Plymouth High School track located off Beck Road (in case of bad weather, the exam will be on the indoor track at Plymouth). Please report to the outdoor testing area 10 minutes prior to the start of the exam for stretching, warm up, and instructions.

Students should bring proper running shoes, t-shirt or sweatshirt, shorts or sweat pants & water if desired.

No electronic devices will be permitted

Upon completion of the running exam, students will be given a 20 minute opportunity to cool down and change before starting the written portion of the exam. Please bring a pencil or pen.

**Note** in case of bad weather the written exam may be given first, with the running test given after.

The swimming portion of the exam will be held in the Salem High School swimming pool. Please report to the pool 10 minutes before the start of the exam for warm up and instructions.

Students should bring an appropriate swim suit, towel, and lock (if you need to lock up any belongings). If you wish to use goggles, you must supply your own and no other swimming aids may be used during the test. (ie. Swim fins, kickboards, life vests etc.)