



MASTER GUIDE PROGRAM



AY Gold Award

Physical Fitness Requirements



Men

(Pass in four of the six groups listed)

Group 1-Track (any five of the following)

	Date	Score	Signature
A. 50 metre dash 6.5 seconds	___ / ___ / ___	_____	_____
B. 100 metre dash 13.6 seconds	___ / ___ / ___	_____	_____
C. 200 metre dash 28 seconds	___ / ___ / ___	_____	_____
D. 400 metre dash 1 minute, 3 seconds	___ / ___ / ___	_____	_____
E. 1.5 km run 5 minutes, 45 seconds	___ / ___ / ___	_____	_____

Group 2-Field (any three of the following)

A. Standing long jump 2.4 metres	___ / ___ / ___	_____	_____
B. Running long jump 4.9 metres	___ / ___ / ___	_____	_____
C. High jump 1.55 metres	___ / ___ / ___	_____	_____
D. Shot put (7.26 kg) 9.8 metres	___ / ___ / ___	_____	_____

Group 3-Endurance-Strength (any three of the following)

A. Sit-ups (bent knee position) 65 in 2 minutes	___ / ___ / ___	_____	_____
B. Pull-ups 13	___ / ___ / ___	_____	_____
C. Push-ups 36	___ / ___ / ___	_____	_____
D. Rope climb 6.2 metres	___ / ___ / ___	_____	_____

Group 4-Coordination-Agility-Balance (one from each of the following groups)

A. Basketball, free throw 6 out of 10 shots	___ / ___ / ___	_____	_____
Rope skipping 300 without miss or rest	___ / ___ / ___	_____	_____
B. Shuttle run, 2 trips 8.4 seconds, 9 metres	___ / ___ / ___	_____	_____
Squat-thrusts 25 in 30 seconds	___ / ___ / ___	_____	_____

Group 5-Swimming (any one of the following)

- A. Free style, 100 metres ___ / ___ / ___ _____ _____
1 minute, 28 seconds
- B. Back stroke, 100 metres ___ / ___ / ___ _____ _____
1 minute, 40 seconds
- C. Breast stroke, 100 metres ___ / ___ / ___ _____ _____
1 minute 48 seconds

Women

(Pass in four of the six groups listed)

Group 1-Track (any two of the following)

	Date	Score	Signature
A. 50 metre dash 7.3 seconds	___ / ___ / ___	_____	_____
B. 200 metre dash 30 seconds	___ / ___ / ___	_____	_____
C. 400 metre run-walk 1 minute, 15 seconds	___ / ___ / ___	_____	_____

Group 2-Field (any two of the following)

A. Standing long jump 1.8 metres	___ / ___ / ___	_____	_____
B. Running long jump 4.2 metres	___ / ___ / ___	_____	_____
C. Softball throw 49 metres	___ / ___ / ___	_____	_____

Group 3-Endurance-Strength (any two of the following)

A. Sit-ups (bent knee position) 48 in 2 minutes	___ / ___ / ___	_____	_____
B. Flexed-arm hang 25 seconds	___ / ___ / ___	_____	_____
C. Push-ups, modified 28	___ / ___ / ___	_____	_____

Group 4-Coordination-Agility-Balance (one from each of the following groups)

A. Basketball, free throw 6 out of 10 shots	___ / ___ / ___	_____	_____
Rope skipping 300 without rest or miss	___ / ___ / ___	_____	_____
B. Shuttle run, 2 trips 9 metres, 8.9 seconds	___ / ___ / ___	_____	_____

Group 5-Swimming (any one of the following)

A. Free style, 100 metres 1 minute, 40 seconds	___ / ___ / ___	_____	_____
B. Back stroke, 100 metres 1 minute, 55 seconds	___ / ___ / ___	_____	_____
C. Breast stroke, 100 metres 2 minutes, 5 seconds	___ / ___ / ___	_____	_____

Explanations

Men

Pull-ups

(Proper grip is reverse grip.) Chin must clear bar on pull-up. Arms must be nearly extended, with elbows slightly flexed in down position.

Push-ups

Weight equally distributed. Hands just below shoulders. Feet together. Push straight up, keeping body rigid. Arms extended till elbows are straight. In returning to down position, continue to keep body rigid and straight and lower body close to floor without touching it except with hands and feet. Must be continuous.

Women

Flexed-arm hang

Starting position: (A horizontal bar approximately 1 1/2 inches in diameter should be adjusted to a height approximately equal to the student's standing height.) The student grasps the bar with an overhand grasp.

ACTION:

1. With the assistance of two spotters, one in front and one in back of student, the student raises her body off the floor to a position where the chin is above the bar, the elbows' flexed and the chest close to the bar.
2. The student must hold this position for at least 25 seconds to pass the test.

RULES:

1. A stop watch is started as soon as the student takes the hanging position.
2. The stop watch is stopped when (a) the student's chin touches the bar, (b) the student's head tilts backward to keep chin above the bar, or (c) when the student's chin falls below the level of the bar.
3. Record in seconds to the nearest second the length of time the subject holds the hanging position.

Push-ups (modified)

Starting position: extend arms, place hands, fingers pointing forward on floor just under and slightly outside shoulders. Knees on floor, body straight from head to knees. Bend knees and raise feet.

ACTION:

1. Keeping body tense and straight, bend elbows and touch chest to floor.
2. Return to original position. (Keep body straight; don't raise buttocks; abdomen must not sag.)

Men and Women

Sit-ups (bent knee position)

Starting Position: Student lies on his back with legs bent, knees up and feet flat on the floor. The hands, with fingers interlaced, are grasped behind the neck.

ACTION:

1. Sit up and lower legs flat as you reach toward toes with hands.
2. Return to starting position raising knees as you lower trunk of body.
3. Repeat the required number of times.
4. One complete sit-up is counted each time the student returns to the starting position.

Squat-Thrust

Equipment: A stop watch, or a watch with a sweep-second hand.

Starting Position: Student stands at attention.

ACTION:

1. Bend knees and place hands on the floor in front of the feet. Arms may be between, outside, or in front of the bent knees.
2. Thrust the legs back far enough so that the body is perfectly straight from shoulders to feet (the push-up position).
3. Return to the squat position.
4. Return to erect position.

Scoring: The teacher carefully instructs the students how to correct squat-thrusts. The teacher tells the student to do as many correct squat-thrusts as possible within a 30-second limit. The teacher gives the starting signal, "Ready! Go!" On "Go" the student begins. The partner counts each squat-thrust. At the end of 30 seconds the teacher says, "Stop."

