

FITNESS TESTING - *SIT-UPS*

This is a general description of how the Antioch Physical Education Department measures abdominal muscle endurance.

- *Purpose:* The sit-up test measures abdominal muscular endurance of the abdominals and hip-flexors, important in back support and core stability.
- *Equipment required:* Flat surface, floor mat, counter, and a recording sheet.
- *Sit-up technique:* Described is the method ACHS uses when testing abdominal endurance. The student being testing must do the following:
 1. Lie on the mat
 2. Feet flat on the ground
 3. Arms across the chest holding onto their shirt
 4. Round back
 5. Begin sitting up until the elbows touch the thigh
 6. Lower the back down (staying rounded) until the middle of the back touches the mat, making sure their shoulders do not touch the mat
 7. Must be in a continuous motion
 8. Sit-ups are complete once the student becomes fatigued or their form brakes.
- *Comments:* The sit-up will not be counted if the student breaks his/her technique. Once the student is no longer able to perform the sit-up with correct technique after being warmed, he/she is done testing.

