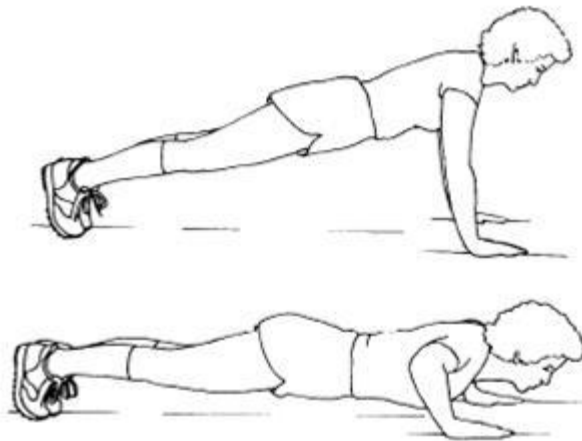


Muscular Strength/Endurance Assessment Part II is measured through the completion of a push-ups assessment. The push-ups assessment is completed on a cadence.

Push Ups on a Cadence

Students lower body to a 90-degree elbow angle and push up. Each student's body should be flat from their heels to their shoulders (hips need to be directly in line with heels and shoulders, not higher or lower). Set to a specified pace, or cadence, students complete as many repetitions as possible. Student participants stop their test after the first push up they do not complete in rhythm with the cadence.



Push Ups in one Minute

Students lower body to a 90-degree elbow angle and push up as many times as possible in 60 seconds or until failure, whichever comes first. Each student's body should be flat from their heels to their shoulders (hips need to be directly in line with heels and shoulders, not higher or lower). Failure is defined as the inability to lower to 90 degrees, inability to keep hips in line with heels and shoulders, or allowing any body part between hands and feet to touch the ground.