

Eli's Rehab Report

Clinical: Get up to Date With This New Fitness Test

If you conduct adult physical fitness tests, you may want to try the newest national standard. On May 14, the President's Council on Physical Fitness and Sports (PCPFS), a Science Partner of the American Physical Therapy Association, launched a physical fitness test for adults (people ages 18 and older), according to the May 16 edition of PT Bulletin Online.

The adult fitness test is similar to the physical fitness test for children ages 6-17 and can be found at PCPFS' Web site, <http://www.adultfitnessstest.org>. Components of the adult test include:

- Aerobic fitness -- tested with a 1-mile walk or a 1.5-mile run
- Muscular strength and endurance -- tested with half sit-ups and push-ups
- Flexibility -- tested with a sit and reach test
- Body composition -- measured using a Body Mass Index calculator.

Extra: Participants who enter their data online will receive a "FITT" score, which provides the participant methods to improve in Frequency, Intensity, Time, and Type of activities, according to the Bulletin.