



# Fitness Test for Dance

## Teacher Instructions

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### Resting pulse

Students take their resting pulse

NOTE: A lower heart rate is an indication that your body is generally fit. Well-trained adult athletes have a rate of well under 60. Averagely fit males tend to have a rate of about 70 with females being a little higher. An adult's resting pulse over 80 indicates poor levels of fitness. Children 1 to 10 years range between 70 - 120 beats per minutes, children over 10 and adults (including seniors): 60 - 100 beats per minute

To take the pulse at the wrist, place your index and middle finger over the underside of your wrist, below the base of the thumb. Press firmly with flat fingers.

Count the beats for 1 minute or for 10 seconds and multiply by 6.

### Aerobic activity

Lead a 10 – 15 minute sustained low impact aerobic activity

### Pulse after exercise

Compare with resting pulse.

### Supported Sphinx spine extension

The student lies face down on the floor with the elbows tucked into and touching the sides of the body, hands beside the shoulders. Keeping the neck long the student pushes away from the floor until the elbows are straight.

### Curl Up/ Crunches Endurance Test

The starting position has the arms fully extended with fingers resting on the legs and pointing toward the knees. The partner sits behind with their hands under the other's head. The student curls up slowly sliding the fingers along the legs until the fingertips touch the knees, then back down again, until the head touches the partner's hands. Practise a couple of times to get the technique right. Count the number of correctly performed curl ups performed in one minute.

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### Calf muscle flexibility test

For each leg, stand the maximum distance you can stand flat footed away from the wall, and also be able to bend your knee to touch the wall. Measure the distance from the heel to the wall.

### Push-Up Endurance Test

Start in a push up position – whichever position is best for the student. The partner holds their hand just above the floor so that the student being tested goes down only until their shoulder touches the partner's hand, then back up. The push-ups are done in time to music with one complete push-up every three seconds. The student aims to do 10 correctly performed push ups.

### Shoulder flexibility test

Test your left shoulder by standing with your right arm straight up, then bend your elbow so your hand hangs behind your head. Keeping your upper arm stationary, rest your palm between your shoulder blades. Reach around behind you with your left arm so the palm is facing out and try to touch the fingers of both hands together. Reverse the procedure and repeat with the opposite shoulder.

Measure the distance between fingertips: if fingers are overlapping, this is a positive number.

### 15 Side Ramp Test

The student lays on their right side, the upper body supported off the ground by the right elbow and forearm. The legs are straight, with the left foot (top) in front of your right foot. The hip is lifted off the floor so that the elbow and feet support the body, creating a straight line from head to toe. The left hand is placed on the supporting shoulder. As soon as the student is in the correct position, the stopwatch is started. The test is over when the student is unable to hold the back straight and the hip is lowered. (Stop after 2 minutes if the student does not fatigue). Change partners.

### Sit & reach test (hamstrings)

Sit on the floor with legs parallel straight out in front. Place the hands on the knees, and reach forward sliding the hands down the legs. Measure how many centimeters the wrist is past the knee

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### V sit and reach test for adductors

Sit on the floor with legs in a V shape, between 90 and 120 degrees. Dancers should feel the stretch in the belly of the inner thigh muscles. Place the hands on the knees, and reach forward sliding the hands along the floor in front of the body. Measure how many centimeters the wrist is past the knee

Lead the students in a cool down routine