VBISD Test-Out Procedures
Michigan Merit Curriculum: Physical Education Class

Fitness Test
The student must take the following FitnessGram test items:
Cardiovascular fitness (PACER run)
Muscular strength and endurance (Curl-Ups and Push Ups)
Flexibility (Back-Saver Sit and Reach)
Body composition (Body Mass Index and % Body Fat).

Student must meet the criterion-referenced health-related fitness standards for age and gender for four out of five the tests above.

Written Test
Score a minimum of 70% on a written test based on the rules, procedures, and information from selected activities that represent the three categories of physical activities (i.e., target, net wall, target, etc.) and fitness including capacity to calculate target heart rate, explanation of the importance of monitoring heart rate during exercise and the impact that it has on health and explanation of the principles of frequency, intensity, time, overload, progression, and specificity.

Skills Test
The student must demonstrate advanced skills and tactics in three activities from three categories, as well as basic skills and tactics in five additional activities. Students will be evaluated on TA form.

Personal Fitness Plan
Develop a personal fitness plan based on fitness assessment results.
Monitor nutrition on MyPyramid.gov. for one week, and create a report on the results.
Complete MyPyramid worksheet.

Implementation Plan
Student must request test out procedure by April 1st in the high school guidance counselor's office.   There will be two sessions scheduled. The first should take place during the first week of May. The fitness and written test will be administered during a two hour session. If the student passes the fitness and written test, the specifications for the Personal Fitness Plan will be given to the student. The second session will be scheduled during the third or fourth week in May. The skills test will be administered and the Personal Fitness Plan will be submitted. Student will be informed, in writing, of the outcome of test-out performance by June 1.