

DATE

ASSESSOR

Class #

PHYSICAL ASSESSMENT RATING SHEET

	NAME AGE	NAME AGE	NAME AGE	NAME AGE	NAME AGE	NAME AGE
Appropriate Clothing						
Demonstrated Behavior						
Hustle						
10 minute Ditch Dig						
Ladder Climb	# of Steps rating					
5 min Stair Climb	# of round trips rating					
* Sit Ups	# rating					
* Weight Lift	time rating					
Step Aerobics	# rating					
Wheelbarrow						
2 min Nuts & Bolts						
Overall Rating						

Rating Scale Criteria

Appropriate clothing: 1=yes; 2=minimally appropriate; 3=no (i.e. skirt)

Demonstrated behavior: 1=highly motivated; 2=participates/follows directions; 3=slow/lacks motivation/complains

Hustle: 1=works quickly & productively; 2=works steadily/completes tasks; 3=works slowly, doesn't complete

1. Ditch dig (see instructions): 1=extremely productive; 2=productive; 3=poor

2. Ladder climb: 1=4 and above; 2= 3; 3=under 3

3. Stair climb: 1= 8 or more; 2=4-7; 3=1-3

4. Step aerobics: 1= 51+; 2= 40-50; 3=0-39

5. *Endurance & Upper Body Strength (sit ups, weights,): 1= excellent; 2= average/good; 3=poor

6. Wheelbarrow: 1=finishes in 1st half; 2= completes exercise; 3=slow/complains

7. Nuts & Bolts: 1= none left; 2= 3left; 3= 4-6 left; 4=7 or more left

Overall Rating Scale: 1= Excellent (11-14); 2= Good (15-19); 3= Satisfactory(20-23); 4= Unsatisfactory (24-28)

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NOTES ON PHYSICAL ASSESSMENT

*Orientation leader will begin this section with **instructions** on activities and **5 minutes of stretching** with group.

*For all exercises BREATHING should be stressed to the participants, especially when they begin to feel challenged and tired (Sunny calls this "the WALL" or that point when you feel like you can't go on). Breathe in through the nose and out through the mouth.

*Always announce the 30 second point during timing.

*All exercises are done in pairs, the participants will count for each other. YOU just time and collect scores.

DITCH DIGS: Scoring

1 = Beat 10 minute time limit; very accurate in measuring; good focus & teamwork

2 = Finished on time; communicated and accomplished task

3 = Not productive; 2-3 feet off in measuring; lacked communication; unfocused; complained.

SIT-UPS

1. Lower back should be flat on mat.
2. Knees bent, elbows must touch knees when you come up.
3. Fingertips should rest against back of neck to avoid using them to pull head or neck up from mat.
4. INHALE when going down. EXHALE when lifting body up towards knees.

STEP AEROBICS

1. Have partner spot participant by resting foot against center of step.
2. Partner counts "one" each time participant steps onto top of step.
3. BOTH feet must be completely on the step, if not it is bad for the achilles tendon.
4. The point is to step up and down as many times as possible.
5. When you hit the point of "Jelly Legs" with lead leg....
6. Again, remember to breathe.

WEIGHT LIFTING

1. Participants ~~sit down~~ ^{STAND} and do lateral lifts with 5 lb dumb bells.
2. Do not count. Instead, the idea is to see if participant can lift for entire minute.
3. Be sure that participant does not raise arms ABOVE shoulder level.

LADDER CLIMB

1. Introduce activity: "It is highly likely that while working in the trades you will be on a ladder...".
2. ~~Have participant wear belt and hard hat.~~
3. Score participant based on how many steps she climbs on the ladder

NUTS AND BOLTS

1. 1 minute warm up
2. Participant has 2 minutes to match nuts and bolts.
3. Score based on how many nuts & bolts left.

FITNESS INDEX SHEET

KEY: 1 = EXCELLENT 2 = GOOD/AVERAGE 3 = POOR

BENT KNEE SIT-UPS SCORES

AGE RANGE	1	2	3
17 - 29	36 - 47 +	29 - 35	0 - 28
30 - 39	35 - 45 +	23 - 34	0 - 22
40 - 49	31 - 40 +	19 - 30	0 - 18
50 - 59	25 - 35 +	13 - 24	0 - 12
60 - 69	21 - 30 +	11 - 20	0 - 10

STEP AEROBICS

AGE RANGE	1	2	3
ALL AGES	51	40 - 50	0 - 39

WEIGHT LIFTING

AGE RANGE	1	2	3
ALL AGES	Lift for ENTIRE MINUTE without stopping	Lift for 30 SECONDS	Lift for LESS THAN 30 SECONDS