

# SPRINGDALE FIRE DEPARTMENT

## FITNESS APPRAISAL FORM

Member Name: \_\_\_\_\_ Date: \_\_\_\_\_

Fitness Coordinator Signature: \_\_\_\_\_

Age: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

### LEVEL I

Resting Heart Rate \_\_\_\_\_

\*\* Resting heart rate above 100 requires candidate to not proceed to Level II \*\*

Resting Blood Pressure \_\_\_\_\_

\*\* Resting blood pressure above 160\100 requires candidate to not proceed to Level II \*\*

Respirations \_\_\_\_\_

Body Composition (% fat) \_\_\_\_\_ Fitness Category \_\_\_\_\_ Score \_\_\_\_\_

Chest \_\_\_\_\_ Abs \_\_\_\_\_ Thigh \_\_\_\_\_

### LEVEL II

3 Minute Step Test (beats\min) \_\_\_\_\_ Fitness Category \_\_\_\_\_ Score \_\_\_\_\_

\*\* If the heart rate reaches 148, the candidate is required to stop and not proceed to Level III \*\*

### LEVEL III

Sit and Reach (inches) \_\_\_\_\_ Fitness Category \_\_\_\_\_ Score \_\_\_\_\_

1 Minute Sit Up (reps) \_\_\_\_\_ Fitness Category \_\_\_\_\_ Score \_\_\_\_\_

1 Minute Push Up (reps) \_\_\_\_\_ Fitness Category \_\_\_\_\_ Score \_\_\_\_\_

Max Bench (weight\ratio) \_\_\_\_\_ Fitness Category \_\_\_\_\_ Score \_\_\_\_\_

1.5 Mile Test (time) \_\_\_\_\_ Fitness Category \_\_\_\_\_ Score \_\_\_\_\_

Total Averaged Score \_\_\_\_\_

#### Fitness Categories

S=Superior E=Excellent G=Good F=Fair P=Poor VP=Very Poor VL=Very Lean

#### Score Categories

VL=6 S=6 E=5 G=4 F=3 P=2 VP=1