

## **Operation Transformation Minimum Fitness Test**

Welcome to the Operation Transformation Minimum Fitness Test as devised by the DCU School of Health and Human Performance. Here you will find instructions as to how to perform each component of the test relevant to your age and gender. Always ensure that you are performing each exercise safely and only if it is safe to do so.

Remember - this test is designed to show whether or not you fit within our minimum standards of physical fitness. If you don't pass on the first attempt, keep using the OT exercise plan to improve your strength and fitness and try again in a few weeks.

## THE WAISTLINE MEASUREMENT TEST

### (Body Composition)

**NOTE: For this test you will need to measure your waistline AND your height in order to get an accurate reading.**

To measure your waist:

- Make sure you haven't eaten a large meal in the last hour.
- Find the bottom of your ribs and the top of your hips.
- Bring your two feet directly under your hips, toes pointing straight ahead.
- If you have a partner, place your hands on your opposite shoulders and allow them to do the measurement.
- Wrap a tape measure (or a non-stretchy string) around your waist, halfway between these points (Do the measurement in front of a mirror and make sure the tape is straight and even and not twisted).
- Breathe out naturally before taking the measurement.
- Record the measurement in either centimetres or inches.
- Repeat the measurement and make sure you are accurate to 1 cm.
- If your waist is larger than 102cm/40inches for men and 94cm/37inches for women, then we would advise you to have your waist professionally measured.

### Minimum fitness standards by age:

THE WAISTLINE MEASUREMENT TEST (Body Composition)	
Age	Males & Females
20 - 29	Waistline to be no more than half the length of your height
30 - 39	
40 - 49	
50 - 59	
60 - 69	
70 - 79	

80+	
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## THE STAND-ON-ONE-LEG-WITH-YOUR-EYES-CLOSED TEST

### (Timed Balance Test)

#### Equipment needed:

Stopwatch

#### Procedure:

- Remove your shoes & socks.
- Cross your arms and raise your preferred leg and hold the position for 30 seconds with your eyes open (do this to ensure that you can safely perform the rest of the test).
- Repeat the same task for 30 seconds with your eyes closed.
- Your time is up when you lose balance / if your standing foot moves / your eyes open / your foot touches the floor.
- You can take 3 attempts and record your best score.

#### Minimum fitness standards by age:

THE STAND-ON-ONE-LEG-WITH-YOUR-EYES-CLOSED TEST (Timed Balance Test)		
Age	Males (in seconds)	Females (in seconds)
20 - 29	8	8
30 - 39	7	7
40 - 49	6	6
50 - 59	5	5
60 - 69	4	4
70 - 79	3	3
80+	2	2

## THE SIT-TO-STAND TEST

(Lower Body Strength - 30 second time restriction)

### Equipment:

A chair with a straight back without armrests (ie a kitchen chair).

### Procedure:

1. Sit in the middle of the chair.
2. Place your hands on the opposite shoulder crossed at the wrists.
3. Keep your feet flat on the floor.
4. Keep your back straight and keep your arms against your chest.
5. On "Go," rise to a full standing position and then sit back down again.
6. Repeat this for 30 seconds.

### Minimum Fitness standards by age:

THE SIT-TO-STAND TEST (Lower Body Strength - 30 second time restriction)		
Age	Males	Females
20 - 29	24	23.0
30 - 39	22	21.0
40 - 49	20	19.0
50 - 59	18	17.0
60 - 69	16	15.0

70 - 79	14.0	13.0
80+	10	10

## THE PRESS-UP TEST

### (Upper Body Strength - no time restrictions)

**NOTE:** If you are male, you are required to do full press-ups to pass the test. If you are female, you are required to do modified press-ups.

#### Regular

- The starting position is facing down with your weight distributed on the hands and feet, arms straight. The body is rigid and straight, and the hands are placed approximately shoulder width apart.
- Lower your body until your chest nears the floor at the bottom of the movement, upper arms parallel with the ground and then return up to the starting position.

#### Modified

- Kneel on the floor, hands on either side of the chest and keep your back straight.
- Lower the chest down towards the floor, always to the same level each time, either till your elbows are at right angles or your chest touches the ground.

#### Procedure:

- Do as many press-ups as possible until exhaustion, no dropping from the position. Count the total number of press-ups performed.

#### Minimum fitness standards by age:

THE PRESS-UP TEST (Upper Body Strength - no time restrictions)		
Age	Males (Full Press-ups)	Females (Modified Press-ups)
20 - 29	21	14

30 - 39	16	12
40 - 49	12	10
50 - 59	9	6
60 - 69	7	4
70 - 79	5	3
80+	4	2

**THE DISTANCE YOU CAN TRAVEL IN 12-MINUTES TEST  
(Aerobic Endurance)**

**Equipment needed:**

Stopwatch (or a stopwatch app on your smartphone)

Fitness tracker (ie Fitbit or an app that records distance in km or miles)

**Procedure:**

1. Time yourself as you walk or run for 12 minutes, aiming to cover as much distance as possible.
2. Measure the distance you've travelled over the 12 minutes using a fitness tracker or an app that records distance (If you don't have a fitness tracker, another option is to use your local running track as it is usually a fixed 400 meter distance).
3. You must push yourself as hard as you can within your ability to maximize the distance covered.

**Minimum fitness standards by age:**

THE DISTANCE YOU CAN TRAVEL IN 12-MINUTES TEST (Aerobic Endurance)		
Age	Males	Females

20 - 29	2.4km / 1.5 miles	2.1km / 1.3 miles
30 - 39	2.3km / 1.45 miles	2km / 1.25 miles
40 - 49	2.2km / 1.4 miles	1.9km / 1.2 miles
50 - 59	2.1km / 1.3 miles	1.8km / 1.1 miles
60 - 69	1.9km / 1.2 miles	1.7km / 1.05 miles
70 - 79	1.8km / 1.1 miles	1.6km / 1 mile
80+	1.7km / 1.05 miles	1.5km / 0.95 miles

**DISCLAIMER:** Minimum fitness standards are defined as the 50th percentile for age and gender from normative data obtained from published peer-reviewed scientific literature.

Values for the 12 min test have been rounded to the nearest 0.1 of a decimal place.