

Thank you for registering for the PE Competency Waiver Test.

PLEASE BRING YOUR SCHOOL ID, or you could be turned away.

Please be dressed and ready 10 minutes prior to the time you sign up for.

Below in the table you will see the fitness requirements, you will need to pass 3 of the 4.

Below the table is the study guide, which you can google to find the answers.

If you have any questions please email me at brandy.scott@ksd.org. Thank you so much -- Brandy

Minimum Health Related Standards							
AGE							
	Gender	13	14	15	16	17	18+
Curl ups	F	37	37	36	35	34	34
Curl ups	M	42	45	45	45	44	44
Pacer	F	23	23	23	32	41	41
Pacer	M	41	41	51	61	61	61
Push ups	F	7	7	7	7	7	7
Push ups	M	10	12	14	16	18	18
Sit and Reach	F	9.5	9.5	9.5	9.5	9.5	9.5
Sit and Reach	M	8.5	8.5	8.5	8.5	8.5	8.5

PHYSICAL EDUCATION COMPETENCY TEST STUDY GUIDE

Most of the questions on the test are multiple choice, with a few questions that are short answer responses. Students must obtain a score of 70% or higher to pass this test. Your results will be emailed to you.

How does exercise benefit the heart/muscular/skeletal/circulatory systems of the body?

<http://www.parents.com/fun/sports/exercise/10-benefits-of-physical-activity/>

Define the training principles of Progression, Regularity, Overload, and Specificity and know how they are used in fitness training.

<http://www.livestrong.com/article/528271-7-principles-of-physical-training/>

The Five Components of Fitness: What you need to know.

<https://www.verywellfit.com/the-components-of-fitness-4154074>

What is the F.I.T.T. Principle and why is it useful to remember?

<https://www.healthychildren.org/English/healthy-living/fitness/Pages/The-FITT-Plan-for-Physical-Activity.aspx>

What are some different kinds of stretches, and how are they performed?

<https://myfooddiary.com/blog/5-types-of-stretching>

What is the difference between anaerobic and aerobic exercise?

<http://healthyliving.azcentral.com/anaerobic-aerobic-pe-18063.html>