

Thank you for registering for the PE Competency Waiver Test.  
The Friday before the test, I will send out an email reminder of the date and time.

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

Please be dressed and ready promptly at 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](mailto: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.

**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/>

**What are the Five Components of Fitness and why they are important in everyday life?**

<http://www.myteacherpages.com/webpages/machramovitch/five.cfm>

<http://study.com/academy/lesson/what-is-fitness-definition-components-types-examples.html>

**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>