

FITNESS ASSESSMENT

The Universal Orlando[®] FITNESS ASSESSMENT is designed to measure basic fitness requirements and your ability to perform as an Animated Street Star or in specific roles for the Universal's Superstar Parade safely and efficiently. Scoring on the assessment is either "complete" or "incomplete".

In the event that you are not able to complete a test, you will be given a second attempt within 30 days of the initial test. The goal is not only to complete the testing, but also to maintain your level of fitness and to improve upon your scores annually.

In addition to following a consistent exercise routine, it is equally important to maintain a healthy diet. A healthy diet is one that includes a variety of "real" foods from all the food groups. Some noteworthy nutrition tips include:

- Drink water, and lots of it!
- Eat a complex carbohydrate along with a quality protein every 3-4 hours.
- If you must have caffeine, balance it out with water.
- Recover from every workout with water, protein, and carbs.
- Keep processed foods to a minimum.
- Eat breakfast within two hours of waking up.
- Watch portion sizes: they should get smaller as the day goes on.
- Maintain a healthy diet most days and allow only occasional slip-ups.

Walk Test

The Walk Test is used to measure cardiovascular endurance. During the Walk Test you will travel a distance of 200 yards in under three minutes wearing a weighted vest.

REQUIREMENT: Walk 200 yards

PASSING SCORE: 3 minutes

Push-Ups

The Push-Up Assessment is an excellent measurement of upper body strength. An individual should be able to press his/her body up from a prone position. Technique requirements vary so that females may perform them from their knees.

To make this exercise effective and fair, an apparatus is placed beneath the chest. The elbows should be bent at a 90 degree angle or more for the chest to touch the apparatus.

1. Lie prone with arms straight, palms flat, hands shoulder width apart.
2. Legs straight and feet should be together or slightly apart.
3. Bend elbows to lower torso.
4. Keep back flat. No swaying back or rounding of the small of the back.
5. Touch the designated apparatus and straighten arms to original position.

TIME: 60 seconds

PASSING SCORE:

Male: Age: 15-19: 40, Age: 20-29: 38, Age: 30-39: 35, Age: 40-49: 32,
Age 50-59: 29, Age 60-69: 27

Female: Age: 15-19: 39, Age: 20-29: 36, Age: 30-39: 32, Age: 40-49: 28,
Age: 50-59: 24, Age 60-69: 22

Sit and Reach

The Sit and Reach Assessment is used to evaluate the flexibility of the individual and identify areas of restriction that are at risk for injury. A flexibility box is used to administer the exercise measurement.

Proper warm-up includes gentle stretching and light cardiovascular exercise to warm-up the body, focusing on the lower back and hamstrings.

1. Place feet flat against the box.
2. Place one hand on top of the other.
3. Take a deep breath and push hands forward on top of the box. Keep your legs and thighs straight.
4. The scores are numbered on the top of the box.

PASSING SCORE:

Male: 15-19

Female: 17-20

Plank Test

The Plank Test is designed to measure “core” strength and endurance. The “core” is a group of muscles that act as a girdle to support your abdominal wall. It attempts to centralize the strength, flexibility, coordination, and the power of the torso with the lower body.

The goal of the Plank Test is to hold the plank position with your butt down and back flat. Begin in the “plank position”, similar to a push up position, with your elbows on the ground, and hold the position for 60 seconds.

PASSING SCORE: 60 seconds

Wall Sit

The Wall Sit Assessment measures lower body strength. It involves the hip, thigh, lower back, legs, and calves. The core is also highly involved. The Wall Sit Assessment is used to observe the strength of the core, the power of the hip and thigh, the stability of the knees and the ankles, and to define lower back discomfort (if any).

The goal is to start from a standing position, squat and hold without raising or lowering from that squat position, maintain your knees in a 90 degree angle, and place your back flat against the wall for an allotted amount of time.

Position 1: Stand with eyes straight forward, arms folded or straight outward.

Position 2: Squat, bend knees, back flat, eyes forward.

PASSING SCORE: 1 minute

Arm Extension Hold

The Arm Extension Hold Assessment measures the strength and stability of the muscles that make up the shoulder girdle. This is important because many animated costumes place added weight directly on the shoulder girdle.

The goal is to hold your arms extended to the sides at shoulder height. You will be holding a 3lb. weight for 30 seconds. You must maintain correct posture the entire time and your arms cannot drop from their starting position.

PASSING SCORE: 30 seconds