

FITNESS ASSESSMENT - Stunt

The Universal Orlando® STUNT PERFORMER FITNESS ASSESSMENT is designed to measure basic fitness requirements and your ability to perform as a Stunt Performer 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.

Pull-Ups

The Pull-Up Assessment is a full-back exercise. It is part of the Fitness Test for roles that require rappelling, ropes, or anything where you may be suspended in mid-air. Pull-Ups are used to assess upper body strength and to measure both hand-grip strength and grip endurance.

1. Start with an overhand grip. The grip can be wide or narrow.
2. Legs can be bent and crossed or straight. Ankles can be crossed at the starting position and through the finish of the exercise. There can be no leg kicking and/or excessive swinging when performing the Pull-Up exercise or you will receive an “incomplete”.
3. Both Males and Females have the same technique criteria. Arms must be fully extended at the start of the exercise, pull up so your chin is parallel to or above the bar while you are looking forward. You cannot tilt your chin so it reaches the bar.

PASSING SCORE:

Male: Complete 10 Pull-Ups
Female: Complete 6 Pull-Ups

Step Ups

The Step Up Test is used to measure cardiovascular endurance. Prior to stepping, you will rest completely for approximately five minutes and your heart rate will be recorded. If your heart rate is not below the set parameter for your recovery heart rate, you will not be allowed to perform the Step Up Test.

The following could increase your heart rate and should be avoided on the day of your test:

- Caffeine
- Herbal Stimulants
- Nicotine
- Steroids
- Stress / Anxiety
- Intense Exercise

REQUIREMENT:

1. Step up (1-2) and down (3-4) in cadence with the metronome which is set at 96 beats per minute (4 clicks = one step cycle) for a stepping rate of 24 steps per minute.
2. Candidates will step up and down on a bench that is approximately 12 inches high for 3 minutes.
3. Immediately after a 1 minute rest period, the heart rate will be manually palpated by a facilitator for 1 minute.
4. The two-minute (1 minute rest followed by 1 minute heart rate) post-exercise heart rate is the candidate's score for the test.

PASSING SCORE:

Male: Age: 18-25: 70-104, Age: 26-35: 73-106, Age: 36+: 72-111
Female: Age: 18-25: 70-104, Age: 26-35: 73-106, Age: 36+: 72-111

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.

The second position of the push-up is lowering the upper torso to the floor. 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.

PASSING SCORE: 2 minutes

Squat Thrust

The Squat Thrust Assessment is an explosive movement involving the entire body. It measures lower body and cardiovascular strength. It involves the hip and thigh, lower back, and legs and calves. The core is also highly involved; being instrumental in connecting the upper body to finish the explosive upward movement of the exercise. The Squat Thrust 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 of the Squat Thrust Assessment is to do as many Squat Thrusts as possible in 60 seconds. Start from a standing position, squat, drop to a push-up position, back to a squat, and thrust upward back to starting position.

1. Stand with eyes straight forward and arms folded or straight outward.
2. Squat, bend knees, back flat, eyes forward.
3. From the squat position, extend both arms to the ground, extend legs outward in a prone position.
4. From position 3, bring legs back toward the chest and prepare to thrust upward from the squat position.
5. Position five is the actual motion of the upward movement. Arms can be extended up and out or folded.

PASSING SCORE: 20

20 Yard Dash

The 20 Yard Dash Assessment is used to observe ones ability to move the body measured by a unit of time. This test will be completed by having two cones 20 yards apart, requiring the candidate to complete one twenty yard dash sprint between them at his/her fastest running pace.

PASSING SCORE: 5 seconds