



**Special
Olympics**



SPECIAL OLYMPICS WISCONSIN

FITNESS COMPETITION

LEVEL 1 EXERCISES

MATERIALS

Before you start, make sure you have:

- Stopwatch

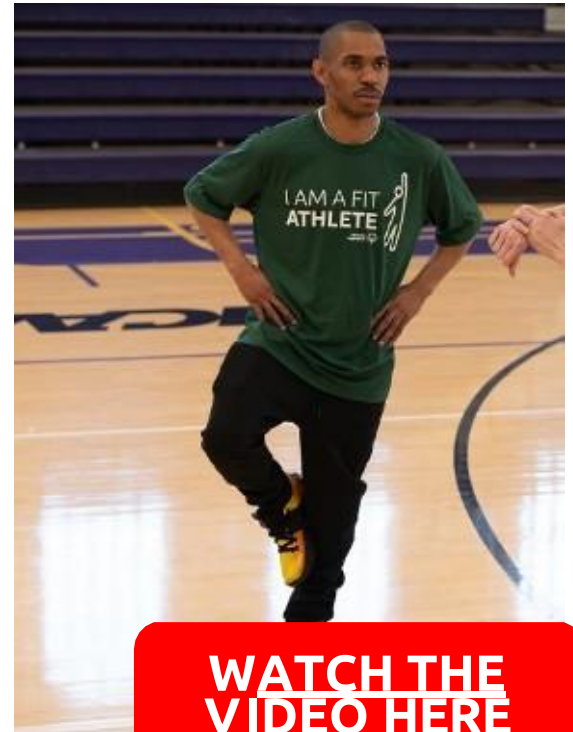
PROCEDURE AND SCORING

EXERCISE:

1. Participant stands within arm's reach of a stationary object.
2. Feet are shoulder width apart.
3. Participant places their hands on their hips.
4. Participant bends the knee of the non-supporting leg lifting the foot off the ground.

SCORING: Time starts when participant is in the correct standing position and ends when balance is lost which is when the non-supporting leg touches the ground, or when the hands come off the hips.

Once participant has exceeded 55 seconds without a loss of balance, they have achieved the maximum amount of points for this exercise.



[WATCH THE VIDEO HERE](#)



MATERIALS

Before you start, make sure you have:

- Stopwatch
- Metronome App on phone



**WATCH THE
VIDEO HERE**



PROCEDURE AND SCORING

EXERCISE:

1. Participant lies on their back on the floor. They bend their hips and knees so their feet are flat on the floor.
2. Participant reaches their arms toward their knees.
3. Participant lifts their head and then slowly lifts their upper back until they reach their knees.
4. Participant should get their shoulder blades completely off the ground.
5. Participant touches their knees and lowers all the way back down, including their head.
6. Exercise is repeated one for every beat of the metronome on phone set at 40 beats per minute.

SCORING: Participant does as many curl-ups to the beat of 40 per minute as they can. Total number of curl-ups completed is the total score.

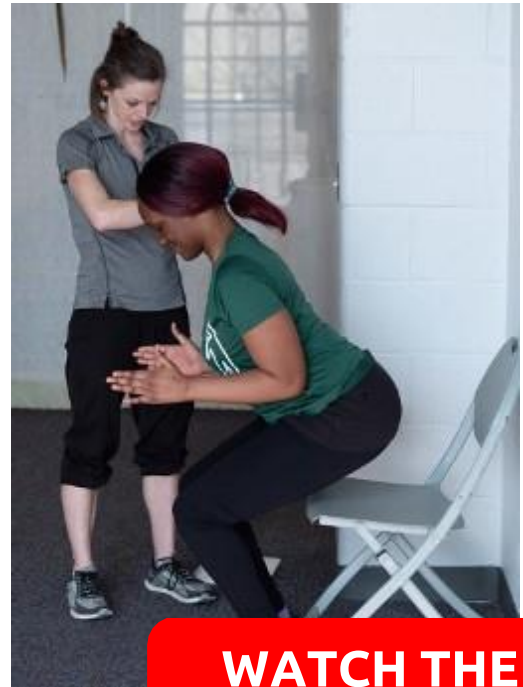
MODIFICATIONS

Participants with mobility issues can use the NCHPAD adaptations for curl-ups found [here](#).

MATERIALS

Before you start, make sure you have:

- Stopwatch
- Chair (without wheels)



[WATCH THE VIDEO HERE](#)



PROCEDURE AND SCORING

EXERCISE:

1. Participant sits on chair or bench with feet hip-width distance apart.
2. Participant's arms are positioned across the chest.
3. Participant stands up fully from sitting position and sits down again without using their arms to assist.
4. This is considered 1 repetition. Participant continues to do the sit to stand component for 30 seconds.

SCORING: Each successful repetition is counted for 30 seconds. No repetitions are counted after time runs out. No repetitions are counted for bad form. The count remains the same until a proper repetition is completed.

MODIFICATIONS

Participants with lower body mobility impairments can perform this test pushing on arm rests or pulling on a countertop (or similar) for assistance. Participants should use the same assistance methodology for each testing opportunity for consistency.

MATERIALS

Before you start, make sure you

- Stopwatch



[WATCH THE VIDEO HERE](#)



PROCEDURE AND SCORING

EXERCISE:

1. Participant stands flat-footed with their legs shoulder-width apart.
2. Participant raises their arms laterally to a 90-degree angle (shoulder height) and holds that position. Their body should form a T-position.
3. Participant holds their arms at 90 degrees for as long as possible without dropping them below shoulder height.

NOTES:

1. Participant will receive one warning if they bring their arms above or below 90 degrees. If a participant is warned for a second time, the time will be stopped, and the score will be recorded.
2. Participant should not walk or move around when completing this exercise.
3. Focus on keeping participant's neck long and natural. Elevating the shoulders can cause neck tension if done improperly.
4. Dumbbells can be used to increase the difficulty of the exercise, but the test is designed to complete on body weight alone.

SCORING: The total amount of time to failure is counted as the final score. If the participant holds the exercise for more than 55 seconds, they have achieved the maximum score.