

Assessment Introductions (3rd week of the semester):

IMPORTANT: All assessments must be completed within 5-days of the Assessment Introduction. Be sure to note that you cannot attend an Assessment Introduction without an FWC Folder pack in-hand (purchase at LBCC Bookstore or the Viking Express).

Image of
Assessment Pack

Fitness & Wellness Center
Long Beach City College

Self-Testing Assessments

Name _____ 1-Unit _____ 2-Unit _____
Semester: Fall _____ Spring _____ Summer _____ YEAR _____

On your own, complete the tests below at the beginning (weeks 2-4) and end (weeks 16-17) of the semester. See the safety considerations on the next page before proceeding.

Perform the tests precisely as instructed. They are graded only for the accuracy and timeliness of their completion.

GRADING A = Properly completed assessments turned in before Week 4 and repeated Wks. 16-17.
 B = " " " " during 4th week " " " "

No letter grades earned for "Failure to follow the written instructions" or for initial assessments (beginning-of-the-semester) submitted after the 4th week.

Week 2-4	Week 16-17	AN INSTRUCTOR MUST DATE AND INITIAL BOXES, ONE AT A TIME, AFTER EACH TEST.
<input type="checkbox"/>	<input type="checkbox"/>	1-RM strength tests
<input type="checkbox"/>	<input type="checkbox"/>	Curl-up test
<input type="checkbox"/>	<input type="checkbox"/>	Aerobic LifeCycle Test (Practice the protocol before attempting this test)
<input type="checkbox"/>	<input type="checkbox"/>	BMI and Online Hip-to-Waist Ratio
<input type="checkbox"/>	<input type="checkbox"/>	Online Heart Health Risk Appraisal(Wk. 2-4 only)

Monday 11 a.m.–12 p.m.
6-7 p.m.

Tuesday: 8-9 a.m.
11 a.m.--12 p.m.
5-6 p.m.

Wednesday 8-9 a.m.
11 a.m.--12 p.m.
6-7 p.m.

Thursday 8-9 a.m.
11 a.m.--12 p.m.
5-6 p.m.

Friday 9-10 a.m.
10-11 a.m.

Saturday 8-9 a.m.
10:45—11:45 a.m.