The Fitness Tests

When I was in school, the worst day of every year was the day we had to do the Five Fitness Tests. This was a national program where kids who got the best scores on five different fitness tests got a special medal. That was nice if you knew you were going to succeed. For everyone else, it was pure humiliation.

When you take a normal exam, only you and your teacher see your score. It's private. The Five Fitness Tests were never like that. You did the tests in front of your whole class, so everyone could watch you fail and make fun of you for it.

The first test was the mile run. I was always one of the last kids to finish. The second test was doing pull-ups. I couldn’t pull my chin up over the bar even a single time. The third test was sit-ups. My score was average, but by that time I’d already been disqualified from winning the medal by failing the first two tests. That was discouraging.

The fourth test was the agility run: you had to run back and forth between two markers to see how fast you were over short distances while changing directions. I did fine on that one, but I tripped while changing directions one year and twisted my ankle.

The final test was the sit-and-reach, where you sit down with legs outstretched and see how far you can reach past your toes without bending your knees. That was the only test I ever did exceptionally well on, partially because I am flexible, and partially because I have short legs that are easy to reach over.

They've changed the requirements now. Scores are private and kids measure their own improvement over time rather than comparing themselves to some unforgiving national average. I think that's a good thing. I hated exercise for years because of the bad memories I had from these tests. I jog daily now and I even run races, but it took me a long time to let go of the shame of my youth.

1) This passage is mostly about
   A. how the Five Fitness Tests are performed
   B. the narrator’s experiences with the Five Fitness tests
   C. how to win a fitness test medal
   D. standards in a physical education class

2) As used in paragraph 2, which of the following is an example of someone being disqualified?
   A. Frank can’t be captain of the hockey team, because he is a second-year student and only fourth-years can be captains.
B. Andre had to apply for a passport in order to take an international trip. He’s still waiting to receive the passport.

C. Denise needs to repeat a class in order to graduate. She failed it once, and now she’s on her second attempt.

D. Mikayla decided not to accept any birthday presents this year. She wants her friends to give money to charity instead.

3) Which of the following is NOT one of the fitness tests the narrator mentions?

A. the mile run  
B. sit-ups  
C. pull-ups  
D. push-ups  

4) The purpose of the agility run test was to

I. assess short-distance run speeds  
II. test speed while changing direction  
III. measure flexibility  

A. I only  
B. I and II only  
C. I and III only  
D. I, II, and III  

5) Which fitness tests did the narrator pass?

A. agility run and mile run  
B. sit-ups, chin-ups, and mile run  
C. agility run, sit-and-reach, and sit-ups  
D. The narrator passed all of the tests listed above  

6) How have the fitness tests changed since the narrator was in school?

A. The results were made private.  
B. They are now based on personal improvement.  
C. They are no longer based on national averages.  
D. All of the above are true.  

7) Describe your own experiences with physical education classes. Have you had any tests like the Five Fitness Tests the narrator describes? Explain.
1) B
Core Standard: Integration of Knowledge

One way to figure out the overall topic of a passage is to look at the topics of its individual paragraphs. In paragraph 1, the narrator introduces the Five Fitness Tests. In paragraph 2, he explains why the tests embarrassed him. In paragraph 3, he summarizes his failures on some of the tests. In paragraphs 4 and 5, he explains some of the tests he tended to pass. In paragraph 6, he explains how the tests have changed and affected him over time. From this, the reader can see that the narrator mostly talks about his own experiences with the tests. Therefore choice (B) is correct.

Although the tests are described in paragraphs 3 through 6, this is not the main idea of the passage. The narrator spends much more time describing his own experiences with the tests. Therefore, choice (A) is incorrect.

Although the narrator mentions winning a medal in paragraph 1 and mentions why he never won a medal in paragraph 3, this is not the main idea of the passage. The narrator spends much more time describing his overall experiences with the tests. Therefore, choice (C) is incorrect.

Although the Five Fitness Tests were obviously part of the standards in the narrator's physical education classes, this is not the main idea of the passage. The narrator most of his time describing his own experiences with the tests. Therefore, choice (D) is incorrect.

2) A
Core Standard: Craft and Structure

disqualify (verb): to make ineligible for a prize or for further competition because of violations of the rules

In paragraph 3, the narrator says: "I'd already been disqualified from winning the medal by failing the first two tests. That was discouraging." By pairing the idea of being disqualified with the descriptions of “failing” and a "discouraging" situation, the reader can infer that the narrator did not receive a medal. This means that being disqualified means becoming ineligible for a prize.

Frank is ineligible to become the captain of the hockey team because of his age and class standing. He is disqualified from the position. Therefore choice (A) is correct.

The passage does not provide evidence to support choices (B), (C), or (D). None of these answer choices highlights a person who has been made ineligible from a certain activity, position, or prize. Therefore they are incorrect.
3) D
Core Standard: Key Ideas and Details

Paragraph 3 mentions the mile run, pull-ups, and sit-ups as three of the Five Fitness Tests. This eliminates choices (A), (B), and (C), because we are looking for an activity that was NOT one of the Five Fitness Tests.

The passage does not mention push-ups at all. Therefore, choice (D) is correct.

4) B
Core Standard: Key Ideas and Details

In paragraph 4, the narrator says: "The fourth test was the agility run: you had to run back and forth between two markers to see how fast you were over short distances while changing directions." This supports options (I) and (II).

The narrator does NOT say that the agility run measures flexibility. The only fitness test involving flexibility was the sit-and-reach. This eliminates option (III).

Therefore (B) is correct.

5) C
Core Standard: Key Ideas and Details

Paragraph 3 says: "The third test was sit-ups. My score was average." Paragraph 4 says: "The fourth test was the agility run[...]. I did fine on that one." Paragraph 5 says: "The final test was the sit-and-reach[...]. That was the only test I ever did exceptionally well on." From this, the reader can understand that the narrator usually passed the sit-up test, the agility run, and the sit-and-reach test. Therefore choice (C) is correct.

The passage does not provide evidence to support choices (A) and (B). Each of these mentions the mile run, which the narrator says he failed in paragraph 3. Therefore these answer choices are incorrect.

Choice (D) is incorrect because choices (A) and (B) include tests that were not passed.

6) D
Core Standard: Key Ideas and Details

Paragraph 6 says: "They've changed the requirements now. Scores are private and kids measure their own improvement over time rather than comparing themselves to some unforgiving national average." This supports answer choices (A), (B), and (C). Because all of the answer choices are true, choice (D), which includes all the other choices, is correct.
Although choices (A), (B), and (C) are all true, the best answer choice reflects all three. It is not sufficient to say that only one of these three facts is true.