

2023-24 LIFETIME FITNESS TESTING OUT DATES and INFORMATION

There are four opportunities during the 2023-24 school year to test out of Lifetime Fitness. The Lifetime Fitness testing includes a written test and fitness tests, which are administered over three days in a single week. You will need to attend all three dates in the testing window. The testing begins at 3:00pm on each of the days.

Seniors have to be tested during the October or November sessions or they will be enrolled in the class 2nd semester.

1 st term: October 3, 4, 5 @ 7:00am	*register by September 26th	with Coach Ricks (office-PE13C)
2 nd term: November 14, 15, 16 @ 3:00pm	*register by November 7th	with Coach Ricks(office-PE13C)
3 rd term: March 12, 13, 14 @ 3:00pm	*register by March 5th	with Coach Ricks (office-PE13C)
4 th term: April 23, 24, 25 @7:00am	*register by April 16th	with Coach Ricks (office-PE13C)

If the session is already full, students will be bumped to the next test out date.

Test Information:

- The Lifetime Fitness Test out is for students who already know the information and content of the class and can pass both a written and a fitness test with a score of 75% or higher.
- Signing up to complete the test-out does not guarantee that you will pass.
- Students are responsible to come to the test outs prepared for both the written and fitness tests each day. Students must bring the nutrition log with them, completed, the first day of test outs. This log is given to students when they successfully register for the test out.
- If a student does **NOT** pass the written or fitness tests, they will not be given an extra opportunity to re-take the test. Students may speak to their counselor, pay the office, and sign up to complete the test-out the next time it is offered.
- Students may only sign up twice. If they fail both times, they must either sign up to take Lifetime Fitness or speak to their counselor for other options. No accommodations are provided for test outs, students can work with their counselor to find the best option for them.
- There will be no make-up dates provided if you miss any of the test-out dates. **NO EXCEPTIONS.**

YOU WILL NEED TO:

(Steps 1-3 must be completed at least one week prior to test out date)

1. Get a referral from the Student Center (the secretary can help you with this) and take it to the main office.
2. Pay \$35.00 to the main office and get a receipt.
3. Once the student has the referral and a receipt they are ready to REGISTER. Student must register **at least one week prior** to the test date. Students who have not registered in advance will NOT be permitted to test out. In order to register students must either:
 - a. **EMAIL a picture of the referral form and the receipt to Coach Ricks (melinda.ricks@canyonsdistrict.org)**
OR
 - b. **Bring the referral form and receipt to Coach Mindy Ricks in person (PE-13C). Students will then be added to a Canvas course and registration will be complete.**
4. Use the online Lifetime Fitness Textbook and questions to study for the test. Links can be found on the Canvas course. Students will get an invite to Canvas 1 week prior to test out. No study guide will be given.
5. Arrive on time each of the three testing days. Warming up prior to fitness testing must be done on your own. Testing will begin on time. Students will not be admitted late. **Meet in room PE-121.**
6. **Bring School Issued Chromebook** & food log with when you report the 1st day of test outs.
You will not be allowed to take the test if you do not have them.

Your \$35.00 test fee is non-refundable, and if you do not pass the test the first time you are welcome to retake the test with a new payment of \$35.00. Students who have paid, but miss their scheduled test dates will forfeit their \$35.00 payment and will have to pay again if they chose to register again. Questions: Please contact Mindy Ricks
Melinda.ricks@canyonsdistrict.org