

Curl-Ups (revised 2009)

Test Objective and Rationale

The partial curl-up measures abdominal strength and endurance. Abdominal fitness is important to good health because low levels are associated with bad posture and lower back pain in later years.

Test Description

Starting Position

- The student lies on his or her back with the knees flexed and the feet flat on the floor. Knees and feet are slightly apart. Arms are straight and parallel to the trunk with palms resting on mat.
- A partner places a measuring strip on the mat under the tested partner's legs so that the fingertips are just touching the nearest edge of the strip. Shoulders are relaxed and unhunched.
- The partner also places a piece of paper under the tested partner's head. This provides an easy way to see if the head is touching the mat on each repetition, as the paper will make a crunch on each repetition.

Test Performance

- Once the student is in position, the teacher will start the cadence and signals the student to begin.
- Keeping heels in contact with the mat, the student curls up slowly, sliding the fingers across the measuring strip until fingers reach the other side.
- The student then uncurls until the head crinkles the paper on the mat.
- There is no pause in the up or down position. The curl-ups should be continuous. The movement is slow and controlled. The correct curl-up is performed to a pace of one complete curl-up every three seconds (1.5 seconds up and 1.5 seconds down, with no hesitation).

Curl-Ups Standards		
Boys		
Age	Health Fitness Zone	High Fitness Performance Zone
8	6-20	>20
9	9-24	>24
10	12-24	>24
11	15-28	>28
12	18-36	>36
13	21-40	>40
14	24-45	>45
15	24-47	>47
16	24-47	>47
17	24-47	>47
18	24-47	>47
Girls		
Age	Health Standard	Challenge Standard
8	6-20	>20
9	9-22	>22
10	12-26	>26
11	15-29	>29
12	18-32	>32
13	18-32	>32
14	18-32	>32
15	18-35	>35
16	18-35	>35
17	18-35	>35
18	18-35	>35

Click below to watch video clip.

[Curl up \[wmv\]](#)

Scoring

Record the total number of correctly performed curl-ups within the time limit.

Incorrect curl-up performance include:

- Heels coming off the ground;
- Head not touching the mat on each repetition;
- Pauses or rest periods, or not keeping to the cadence;
- Fingertips not touching both sides of the measuring strip.

The test is terminated when the student has any two misses.

