

Syllabus Report (SYL)

CorePass® Fitness Test II



7052:2025

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IQF Level	1	IQF Credit	1
Approved References			
Special Notes	<ol style="list-style-type: none">1. Prior to the test, participants should complete a health screening and obtain medical clearance if necessary.2. Proper warm-up and cool-down periods should be included in the testing protocol.3. The test components should be performed in the order listed, with appropriate rest periods between exercises.4. Assessors must ensure they or a person dedicated at the test holds current first aid and CPR certification.		

Perform deadlift (1.5 body weight) 705125D01

Performance Perform deadlift (1.5 body weight)
Standards
Conditions Given supplied weights
Comments

Perform standing power throw (4.5m/10lb medicine ball) 705125D02

Performance Perform standing power throw (4.5m/10lb medicine ball)
Standards
Conditions Given supplied medicine ball
Comments

Perform push-ups (30 in 2 minutes) 705125D03

Performance Perform push-ups (30 in 2 minutes)
Standards
Conditions While maintaing push up position throughout
Comments

Perform plank hold (2 minutes) 705125D04

Performance Perform plank hold (2 minutes)
Standards
Conditions
Comments

Complete Illinois Agility Test (18 seconds)	705125D05
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Performance Complete Illinois Agility Test (18 seconds)
Standards In accordance with the IAT specification
Conditions
Comments

Complete aerobic fitness test (run, swim or bike) Level II	705125D06
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Performance Complete aerobic fitness test (run, swim or bike)
Standards Chose one: 1.5 mile run within 13 mins; 500 meter swim within 12 mins; 5km stationery bike within 12 mins
Conditions Given appropriate environment and access to water, and no stopping for more than 30 seconds.
Comments

Perform dummy drag (70kg/154lb for 20m in 45 seconds)	705125D07
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Performance Perform dummy drag (70kg/154lb for 20m in 45 seconds)
Standards
Conditions Given 70kg manikin
Comments

Perform stair climb (5 flights, 15kg per hand, 2min30sec)	705125D08
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Performance Perform stair climb (5 flights, 15kg per hand, 2min30sec)
Standards
Conditions Given kettlebells (15kg each)
Comments

Perform equipment carry (x2 15kg kettlebells for 100m in 1min30sec)	705125D09
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Performance Perform equipment carry (x2 15kg kettlebells for 100m in 1min30sec)
Standards
Conditions
Comments