

Syllabus Report (SYL)

CorePass® Fitness Test III



7053:2025

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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 (2x times body weight) 705225D01

Performance Perform deadlift (2x times body weight)

Standards

Conditions Given supplied weights

Comments

Perform standing power throw (6m/10lb medicine ball) 705225D02

Performance Perform standing power throw (6m/10lb medicine ball)

Standards

Conditions Given supplied medicine ball

Comments

Perform push-ups (45 in 2 minutes) 705225D03

Performance Perform push-ups (45 in 2 minutes)

Standards

Conditions While maintaing push up position throughout

Comments

Perform plank hold (3 minutes) 705225D04

Performance Perform plank hold (3 minutes)

Standards

Conditions

Comments

Complete Illinois Agility Test (16 seconds)	705225D05
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Performance Complete Illinois Agility Test (16 seconds)
Standards In accordance with the IAT specification
Conditions
Comments

Complete aerobic fitness test (run, swim or bike) Level III	705225D06
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Performance Complete aerobic fitness test (run, swim or bike)
Standards Chose one: 1.5 mile run within 11 mins; 500 meter swim within 10 mins; 5km stationery bike within 10 mins
Conditions Given appropriate environment and access to water, and no stopping for more than 30 seconds.
Comments

Perform dummy drag (80kg/154lb for 20m in 40 seconds)	705225D07
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Performance Perform dummy drag (80kg/154lb for 20m in 40 seconds)
Standards
Conditions Given 70kg manikin
Comments

Perform stair climb (5 flights, 18kg per hand, 2min15sec)	705225D08
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Performance Perform stair climb (5 flights, 20kg per hand, 2min15sec)
Standards
Conditions Given kettlebells (18kg each)
Comments

Perform equipment carry (x2 18kg kettlebells for 100m in 1min15sec)	705225D09
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Performance Perform equipment carry (x2 18kg kettlebells for 100m in 1min15sec)
Standards
Conditions
Comments