

# Syllabus Report (SYL)

## CorePass® Fitness Test I



7051:2025

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

### Perform deadlift (same body weight) 705425D01

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

### Perform standing power throw (3m/10lb medicine ball) 705425D02

**Performance** Perform standing power throw (3m/10lb medicine ball)  
**Standards**  
**Conditions** Given supplied medicine ball  
**Comments**

### Perform push-ups (15 in 2 minutes) 705425D03

**Performance** Perform push-ups (15 in 2 minutes)  
**Standards**  
**Conditions** While maintaing push up position throughout  
**Comments**

### Perform plank hold (1 minute) 705425D04

**Performance** Perform plank hold (1 minute)  
**Standards**  
**Conditions**  
**Comments**

<b>Complete Illinois Agility Test (20 seconds)</b>	<b>705425D05</b>
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Performance Complete Illinois Agility Test (20 seconds)  
Standards In accordance with the IAT specification  
Conditions  
Comments

<b>Complete aerobic fitness test (run, swim or bike) Level I</b>	<b>705425D06</b>
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Performance Complete aerobic fitness test (run, swim or bike)  
Standards Chose one: 1.5 mile run within 15 mins; 500 meter swim within 15 mins; 5km stationery bike within 15 mins  
Conditions Given appropriate environment and access to water, and no stopping for more than 60 seconds.  
Comments

<b>Perform dummy drag (60kg/154lb for 20m in 50 seconds)</b>	<b>705425D07</b>
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Performance Perform dummy drag (60kg/154lb for 20m in 45 seconds)  
Standards  
Conditions Given 70kg manikin  
Comments

<b>Perform stair climb (5 flights, 10kg per hand, 2min45sec)</b>	<b>705425D08</b>
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Performance Perform stair climb (5 flights, 10kg per hand, 2min45sec)  
Standards  
Conditions Given kettlebells (15kg each)  
Comments

<b>Perform equipment carry (x2 12kg kettlebells for 100m in 1min45sec)</b>	<b>705425D09</b>
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Performance Perform equipment carry (x2 12kg kettlebells for 100m in 1min45sec)  
Standards  
Conditions  
Comments