

## PHYSICAL FITNESS TEST SCORE CARD

NAME: \_\_\_\_\_

SEX: \_\_\_\_\_

AGE: \_\_\_\_\_

### Part 1: Health-Related Fitness Test

#### A. BODY COMPOSITION: Body Mass Index (BMI)

##### 1. Body Mass Index (BMI)

| Height (meters) | Weight (Kilograms) | BMI | Classification |
|-----------------|--------------------|-----|----------------|
|                 |                    |     |                |

#### B. CARDIOVASCULAR ENDURANCE: 3-Minute Step

| Heart Rate per minute |                    |
|-----------------------|--------------------|
| Before the Activity   | After the Activity |
|                       |                    |

#### C. STRENGTH

##### 1. Push up

| Number of Push ups |
|--------------------|
|                    |

##### 2. Basic Plank

| Time |
|------|
|      |

#### D. FLEXIBILITY

##### 1. Zipper Test

| Overlap/Gap (centimeters) |      |
|---------------------------|------|
| Right                     | Left |
|                           |      |

##### 2. Sit and Reach

| Score (centimeters) |            |            |
|---------------------|------------|------------|
| First Try           | Second Try | Best Score |
|                     |            |            |

### Part 2: Skill-Related Fitness Test

A. COORDINATION: Juggling      Score:

#### B. AGILITY: Hexagon Agility Test

| Clockwise: Time (00:00) | Counterclockwise: Time (00:00) | Average |
|-------------------------|--------------------------------|---------|
|                         |                                |         |

C. SPEED: 40 meter sprint      Time:

#### D. POWER: Standing Long Jump

| Distance (centimeters) |              |
|------------------------|--------------|
| First Trial            | Second Trial |
|                        |              |

#### E. BALANCE: Stork Balance Stand Test

| Right Foot: Time (00:00) | Left Foot: Time (00:00) |
|--------------------------|-------------------------|
|                          |                         |

#### F. REACTION TIME: Stick Drop Test

| 1st Trial | 2nd Trial | 3rd Trial | Middle Score |
|-----------|-----------|-----------|--------------|
|           |           |           |              |