



KENYA ACADEMY OF SPORTS
Beyond sporting talent

Fitness Testing Form

Name _____

Gender _____

D.o.B _____

Date _____

Body Composition

Body Mass Index	Height _____	Weight _____

Posture

Neck	Shoulder	Hands	Feet	Spine		

Girth (Circumferences)

	Flex		Relax	
Neck				
Chest				
Waist				
Hip	L	R	L	R
Upper thigh				
Mid-thigh				
Arm				
Forearm				
shoulder				

Power Test

Push-ups (No)	Sit-ups (No)	Crunches (No)	Sprints (Time/Distance)	

Vertical Jumps

Hand Height (Cms/inches/m)	Gross Jump (Cms/inches/m)	Net Jump (Cms/inches/m)

Power

Bench press	Leg press	Pull (resistance)	Push (resistance)	

Flexibility

	Flexion	Extension	Adduction	External	Internal
Hip					
Knee					
Ankle/ foot					
Shoulder					
Spine					

Aerobic Fitness test

Distance	Minutes	Seconds	Heart rate		

Cardiorespiratory Endurance (Treadmill test)

Stage	1	2	3	4	5	6	7
Speed							
Grade %							