

## PHYSICAL FITNESS FORM

Name	Grade Level/Section	Age	Sex
School	Division	Region	

### Part I. HEALTH - RELATED FITNESS TESTS

#### A. BODY COMPOSITION

##### 1. BODY MASS INDEX (BMI)

Height (Inches)	Weight (Pounds)	BMI	Classification

##### 2. Waist Circumference

Waist Circumference (in Centimeter)	Interpretation

#### B. CARDIOVASCULAR ENDURANCE

Heart Rate per Minute	
Resting Heart Rate	Training Heart Rate

#### C. MUSCULAR STRENGTH

##### 1. 90 Degrees Push-Ups

Number of Push Up

##### 2. Partial Curl-Ups

Number of Curl-Ups

#### D. FLEXIBILITY

##### 1. Zipper Test

Overlap (Centimeter)	Score

##### 2. Sit-and-Reach

Score (Centimeter)

### PART II. SKILL - RELATED FITNESS

#### A. SPEED: 50-meter Sprint

Time (00:00)

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## B. POWER

### 1. Basketball Pass

### 2. Standing Long Jump

Distance (Meters)		
1 <sup>st</sup> Trial	2 <sup>nd</sup> Trial	3 <sup>rd</sup> Trial

Distance (Centimeters)	
1 <sup>st</sup> Trial	2 <sup>nd</sup> Trial

## C. AGILITY

### 1. Hexagon Agility Test

Clockwise (Time)	Counterclockwise (Time)	Average (Time)

## D. REACTION TIME

### 1. Stick Drop Test

1 <sup>st</sup> Trial	2 <sup>nd</sup> Trial	3 <sup>rd</sup> Trial	Middle Score

## E. COORDINATION

### 1. Paper Juggling

1st Trial: Number of Hits	2nd Trial: Number of Hits

## F. BALANCE

### 1. Stork Balance Stand Test

1st Trial: Time (00:00)	2nd Trial: Time (00:00)

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Student's Signature