

FITNESS ASSESSMENT SHEET

Name and surname _____

Course and group _____

FINAL TESTS MARK _____

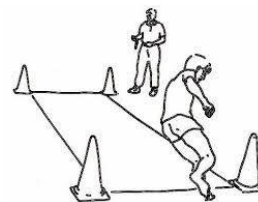
Aerobic stamina test Cooper test		
15/16 years old		
Mark	Boys	Girls
1	1650 or less	1350 or less
1,5		
2	1800	1500
2,5		
3	1950	1650
3,5		
4	2100	1800
4,5		
5	2250	1950
5,5		
6	2400	2100
6,5		
7	2550	2250
7,5		
8	2700	2400
8,5		
9	2850	2550
9,5		
10	3000 or more	2700 or more



Result _____

Mark _____

Agility test 5 metres x 10		
15/16 years old		
Mark	Boys	Girls
1	18,50 or more	19,50 or more
1,5	18,20	19,20
2	18,00	19,00
2,5	17,80	18,70
3	17,50	18,50
3,5	17,30	18,20
4	17,00	18,00
4,5	16,80	17,80
5	16,50	17,50
5,5	16,30	17,30
6	16,00	17,00
6,5	15,80	16,80
7	15,50	16,50
7,5	15,30	16,30
8	15,00	16,00
8,5	14,80	15,80
9	14,50	15,50
9,5	14,30	15,30
10	14,00 or less	15,00 or less



Result:

1st try _____

2nd try _____

Mark _____

Flexibility test Sit and reach test		
15/16 years old		
Mark	Boys	Girls
1	14 or less	18 or less
1,5	15	19
2	16	20
2,5	17	21
3	18	22
3,5	19	23
4	20	24
4,5	21	25
5	22	26
5,5	23	27
6	25	29
6,5	26	30
7	28	32
7,5	29	33
8	31	35
8,5	32	36
9	34	38
9,5	35	39
10	36 or more	41 or more



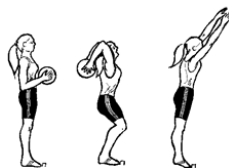
Result:

1st try _____

2nd try _____

Mark _____

Upper body explosive strength test 2 kilo medicine ball throwing		
15/16 years old		
Mark	Boys	Girls
1	3,60 or less	3,10 or less
1,5	3,90	3,40
2	4,20	3,70
2,5	4,50	4,00
3	4,80	4,30
3,5	5,10	4,60
4	5,40	4,90
4,5	5,70	5,20
5	6,00	5,50
5,5	6,30	5,80
6	6,60	6,10
6,5	6,90	6,40
7	7,20	6,70
7,5	7,50	7,00
8	7,80	7,30
8,5	8,10	7,60
9	8,40	7,90
9,5	8,70	8,20
10	9,00 or more	8,50 or more



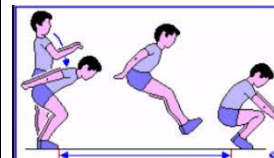
Result:

1st try _____

2nd try _____

Mark _____

Lower body explosive strength test Horizontal jump test		
15/16 years old		
Mark	Boys	Girls
1	150 or less	135 or less
1,5	153	138
2	156	141
2,5	159	144
3	162	147
3,5	165	150
4	169	153
4,5	172	157
5	175	160
5,5	178	163
6	181	166
6,5	184	170
7	187	173
7,5	189	175
8	192	178
8,5	194	181
9	197	184
9,5	200	187
10	203 or more	190 or more



Result:

1st try _____

2nd try _____

Mark _____

Abdominal strength test 30'' abdominal test		
15/16 years old		
Mark	Boys	Girls
1	21 or less	19 or less
1,5	22	20
2	23	21
2,5	24	22
3	26	23
3,5	27	24
4	28	26
4,5	29	27
5	30	28
5,5	31	29
6	32	30
6,5	33	31
7	34	32
7,5	36	34
8	37	35
8,5	38	36
9	39	37
9,5	41	39
10	42 or more	40 or more



Result _____

Mark _____