

# ASSESSMENT RESULTS FORM



姓名: \_\_\_\_\_

## 心血管能力评估结果

心率  
静息心率: \_\_\_\_\_ bpm      运动心率: \_\_\_\_\_ bpm      日期: \_\_\_\_\_

血压  
静息血压: \_\_\_\_/\_\_\_\_ mmHg      日期: \_\_\_\_\_

## 身体成分

身高、体重、BMI      DATE: \_\_\_\_\_

Weight (lb): \_\_\_\_\_ Height (in): \_\_\_\_\_

If necessary, convert to metric units: Weight in pounds x 0.454 = Weight in kg      Height in inches x 0.0254 = Height in m

Weight (kg): \_\_\_\_\_ Height (m): \_\_\_\_\_

Calculate body mass index (BMI): Weight (kg) ÷ Height<sup>2</sup> (m) or BMI = Weight (kg)/Height<sup>2</sup> (m) or  $\frac{\text{Weight (lb)}}{\text{Height}^2 \text{ (in)}} \times 703$   
BMI: \_\_\_\_\_

Note: Refer to page 207 for a BMI chart.

## SKINFOLD MEASUREMENTS

MEN      WOMEN      DATE: \_\_\_\_\_

Chest: \_\_\_\_\_      Triceps: \_\_\_\_\_  
Abdomen: \_\_\_\_\_      Suprailium: \_\_\_\_\_  
Thigh: \_\_\_\_\_      Thigh: \_\_\_\_\_  
Total: \_\_\_\_\_      Total: \_\_\_\_\_

% Body-fat estimation: \_\_\_\_\_

Note: Refer to pages 203 and 204 to determine body-fat estimates.

## GIRTH MEASUREMENTS

DATE: \_\_\_\_\_

Abdomen: \_\_\_\_\_  
Hip: \_\_\_\_\_  
Waist: \_\_\_\_\_  
Waist-to-hip ratio: \_\_\_\_\_

Note: Refer to page 209 for a waist-to-hip ratio norms table and to page 210 for waist circumference categories.



## SPORT-SKILL ASSESSMENTS

### STANDING LONG JUMP

DATE: \_\_\_\_\_

Distance jumped: \_\_\_\_\_

Attempt 1: \_\_\_\_\_

Attempt 2: \_\_\_\_\_

Attempt 3: \_\_\_\_\_

Percentile rank: \_\_\_\_\_

*Note:* Refer to page 251 to determine percentile ranks.

### VERTICAL JUMP TEST

DATE: \_\_\_\_\_

Height jumped: \_\_\_\_\_

Attempt 1: \_\_\_\_\_

Attempt 2: \_\_\_\_\_

Attempt 3: \_\_\_\_\_

## SPEED, AGILITY, AND QUICKNESS TESTING

### PRO AGILITY TEST

DATE: \_\_\_\_\_

Time: \_\_\_\_\_

Attempt 1: \_\_\_\_\_

Attempt 2: \_\_\_\_\_

Attempt 3: \_\_\_\_\_

### 40-YARD DASH

DATE: \_\_\_\_\_

Time: \_\_\_\_\_

Attempt 1: \_\_\_\_\_

Attempt 2: \_\_\_\_\_

Average of 2 attempts: \_\_\_\_\_

## 1-RM LEG PRESS

DATE: \_\_\_\_\_

### Set 1

Resistance: \_\_\_\_\_

Number of repetitions: \_\_\_\_\_

### Set 2

Resistance: \_\_\_\_\_

Number of repetitions: \_\_\_\_\_

### Set 3

Resistance: \_\_\_\_\_

Number of repetitions: \_\_\_\_\_

### 1-RM effort

Resistance: \_\_\_\_\_

Number of attempts: \_\_\_\_\_

Comments: \_\_\_\_\_

Absolute strength: \_\_\_\_\_

Relative strength: \_\_\_\_\_ (1-RM/Client's weight)

Performance rating: \_\_\_\_\_

*Note:* Refer to pages 245 and 246 to determine performance rating

## 1-RM SQUAT TEST

DATE: \_\_\_\_\_

### Set 1

Resistance: \_\_\_\_\_

Number of repetitions: \_\_\_\_\_

### Set 2

Resistance: \_\_\_\_\_

Number of repetitions: \_\_\_\_\_

### Set 3

Resistance: \_\_\_\_\_

Number of repetitions: \_\_\_\_\_

### 1-RM effort

Resistance: \_\_\_\_\_

Number of attempts: \_\_\_\_\_

Comments: \_\_\_\_\_

Absolute strength: \_\_\_\_\_

Relative strength: \_\_\_\_\_ (1-RM/Client's weight)

## MUSCULAR-ENDURANCE TESTING

### PUSH-UP TEST

DATE: \_\_\_\_\_

Number performed: \_\_\_\_\_

Performance rating: \_\_\_\_\_

*Note:* Refer to page 235 to determine performance rating.

### CURL-UP TEST

DATE: \_\_\_\_\_

Number performed: \_\_\_\_\_

Performance rating: \_\_\_\_\_

*Note:* Refer to pages 237 and 238 to determine performance rating.

### BODY-WEIGHT SQUAT TEST

DATE: \_\_\_\_\_

Number performed: \_\_\_\_\_ Depth of squat: \_\_\_\_\_ degrees

## MUSCULAR-STRENGTH TESTING

### 1-RM BENCH PRESS TEST

DATE: \_\_\_\_\_

#### Set 1

Resistance: \_\_\_\_\_

Number of repetitions: \_\_\_\_\_

#### Set 4

Resistance: \_\_\_\_\_

Number of repetitions: \_\_\_\_\_

#### Set 2

Resistance: \_\_\_\_\_

Number of repetitions: \_\_\_\_\_

#### Set 5 (if needed)

Resistance: \_\_\_\_\_

Number of repetitions: \_\_\_\_\_

#### Set 3

Resistance: \_\_\_\_\_

Number of repetitions: \_\_\_\_\_

#### Set 6 (if needed)

Resistance: \_\_\_\_\_

Number of repetitions: \_\_\_\_\_

### 1-RM effort

Resistance: \_\_\_\_\_

Number of attempts: \_\_\_\_\_

Comments: \_\_\_\_\_

Absolute strength: \_\_\_\_\_

Relative strength: \_\_\_\_\_ (1-RM/Client's weight)

Performance rating: \_\_\_\_\_

*Note:* Refer to page 243 to determine performance rating.

## VT 2 THRESHOLD TEST

Minute 16 HR: \_\_\_\_\_ bpm

Minute 17 HR: \_\_\_\_\_ bpm

Minute 18 HR: \_\_\_\_\_ bpm

Minute 19 HR: \_\_\_\_\_ bpm

Minute 20 HR: \_\_\_\_\_ bpm

VT2 estimate: \_\_\_\_\_ bpm (Average HR x 0.95)

DATE: \_\_\_\_\_

## ROCKPORT FITNESS WALKING TEST (1 MILE)

DATE: \_\_\_\_\_

1-mile time: \_\_\_\_\_

Immediate post-exercise heart rate: \_\_\_\_\_ bpm

RPE: \_\_\_\_\_

Weather: \_\_\_\_\_

Location: \_\_\_\_\_

Surface: \_\_\_\_\_

Other notes: \_\_\_\_\_

### Calculate $\dot{V}O_2$ :

Females:  $\dot{V}O_2$  (mL/kg/min) =  $132.853 - (0.1692 \times \text{Weight in kg}) - (0.3877 \times \text{Age}) - (3.265 \times \text{Walk time, expressed in minutes to the nearest 100th}) - (0.1565 \times \text{HR})$

Males:  $\dot{V}O_2$  (mL/kg/min) =  $139.168 - (0.1692 \times \text{Weight in kg}) - (0.3877 \times \text{Age}) - (3.265 \times \text{Walk time, expressed in minutes to the nearest 100th}) - (0.1565 \times \text{HR})$

$\dot{V}O_2$ : \_\_\_\_\_

Performance rating: \_\_\_\_\_

*Note:* Refer to page 228 to determine performance rating.

## 1.5-MILE RUN

DATE: \_\_\_\_\_

Weight (kg): \_\_\_\_\_

Exercise time: \_\_\_\_\_

Post-exercise HR: \_\_\_\_\_ bpm

Percentile: \_\_\_\_\_

*Note:* Refer to page 229 to determine percentile.

## YMCA SUBMAXIMAL STEP TEST

DATE: \_\_\_\_\_

Post-exercise one-minute HR: \_\_\_\_\_ bpm

Performance rating: \_\_\_\_\_

*Note:* Refer to page 232 to determine performance rating.

## CARDIORESPIRATORY FITNESS TESTING RESULTS

### YMCA BIKE TEST

DATE: \_\_\_\_\_

Submaximal target exercise heart rate: \_\_\_\_\_

Weight (kg): \_\_\_\_\_

Seated, resting blood pressure: \_\_\_\_\_

#### Stage 1:

Minute 1: HR \_\_\_\_\_ bpm

RPE \_\_\_\_\_

Minute 2: HR \_\_\_\_\_ bpm

RPE \_\_\_\_\_

Minute 3: BP \_\_\_\_\_/\_\_\_\_\_ mmHg

HR \_\_\_\_\_ bpm

RPE \_\_\_\_\_

Minute 4 (if needed): BP \_\_\_\_\_/\_\_\_\_\_ mmHg

HR \_\_\_\_\_ bpm

RPE \_\_\_\_\_

#### Stage 2:

Minute 1: HR \_\_\_\_\_ bpm

RPE \_\_\_\_\_

Minute 2: HR \_\_\_\_\_ bpm

RPE \_\_\_\_\_

Minute 3: BP \_\_\_\_\_/\_\_\_\_\_ mmHg

HR \_\_\_\_\_ bpm

RPE \_\_\_\_\_

Minute 4 (if needed): BP \_\_\_\_\_/\_\_\_\_\_ mmHg

HR \_\_\_\_\_ bpm

RPE \_\_\_\_\_

#### Stage 3:

Minute 1: HR \_\_\_\_\_ bpm

RPE \_\_\_\_\_

Minute 2: HR \_\_\_\_\_ bpm

RPE \_\_\_\_\_

Minute 3: BP \_\_\_\_\_/\_\_\_\_\_ mmHg

HR \_\_\_\_\_ bpm

RPE \_\_\_\_\_

Minute 4 (if needed): BP \_\_\_\_\_/\_\_\_\_\_ mmHg

HR \_\_\_\_\_ bpm

RPE \_\_\_\_\_

#### Stage 4:

Minute 1: HR \_\_\_\_\_ bpm

RPE \_\_\_\_\_

Minute 2: HR \_\_\_\_\_ bpm

RPE \_\_\_\_\_

Minute 3: BP \_\_\_\_\_/\_\_\_\_\_ mmHg

HR \_\_\_\_\_ bpm

RPE \_\_\_\_\_

Minute 4 (if needed): BP \_\_\_\_\_/\_\_\_\_\_ mmHg

HR \_\_\_\_\_ bpm

RPE \_\_\_\_\_

### FIRST VENTILATORY THRESHOLD TEST (TALK TEST) USING A TREADMILL

DATE: \_\_\_\_\_

Pre-exercise HR: \_\_\_\_\_ bpm

Pre-exercise BP (if necessary): \_\_\_\_\_/\_\_\_\_\_ mmHg

#### Stage 1:

HR: \_\_\_\_\_ bpm

Client assessment of discomfort \_\_\_\_\_

#### Stage 2:

HR: \_\_\_\_\_ bpm

Client assessment of discomfort \_\_\_\_\_

#### Stage 3:

HR: \_\_\_\_\_ bpm

Client assessment of discomfort \_\_\_\_\_

VT1 HR: \_\_\_\_\_ bpm