



HOLY ANGEL
UNIVERSITY



PHYSICAL FITNESS TEST



<u>PHYSICAL FITNESS TEST</u>	<u>PFT RESULTS in 7TPE 2</u>	<u>PFT RESULTS in 7TPE 3</u>	<u>SCORE</u>
<u>Body Mass Index (BMI)</u>	<u>Weight (kg)</u>		
	<u>Height (m)</u>		
	<u>BMI Result</u>		
	<u>BMI Classification</u>		
<u>Waist to Height Ratio</u>	<u>Waist circumference (in)</u>		
	<u>Height (in)</u>		
	<u>Result (in)</u>		
	<u>Classification</u>		
<u>Sit and Reach</u>	<u>Result (cm)</u>		
<u>(Record the greatest out of 3 attempts)</u>	<u>Classification</u>		
<u>Stork Balance Test</u>	<u>Result (sec)</u>	7	
<u>(Add seconds obtained on right and left leg)</u>	<u>Classification</u>	poor	
<u>Plank Test</u>	<u>Number of seconds</u>	60	60
	<u>Classification</u>	Excellent	Excellent
<u>Bleep Test</u>	<u>Result</u>		
	<u>Classification</u>		

<u>Sit Ups</u>	<u>No. of Rep</u>			
	<u>Classification</u>			
<u>Sidestep</u> <u>(Agility Test)</u>	<u>No. of cycles</u>			
	<u>Classification</u>			
<u>Hand – Eye Test</u> <u>(Coordination Test)</u>	<u>No. of successful catch</u>			
	<u>Classification</u>			
<u>Resting Heart Rate</u>	<u>Heart Rate</u>			
	<u>Classification</u>			
<u>TOTAL</u>				/ 100



