**PHYSICAL FITNESS STUNTS**

NAME: Carlos Vincent B. Vega PE COURSE: PATH-FIT 1 FITNESS

YR. & SEC and College Affiliation: 2ITC CICS PE SCHEDULE: SAT 3PM-7PM

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| FITNESS COMPONENTS | STUNTS | ATTEMPTS | | | | | NORMS | | BEST RESULT |
| CARDIOVASCULAR ENDURANCE | RUN-IN-PLACE | RHR: | | | PHR: | | PHR | |  |
| BALANCE | ONE LEG BALANCE | 1ST: SECONDS | | | | |  | |  |
| 2ND: SECONDS | | | | |  | |
| 3RD: SECONDS | | | | |  | |
| MUSCULAR ENDURANCE | SIDE LEG RAISE | LEFT LEG | | | RIGHT LEG | | LEFT | RIGHT |  |
| 1ST: | | |  | |  |  |
| 2ND: | | |  | |  |  |
| 3RD: | | |  | |  |  |
| MUSCULAR STRENGTH | PUSH-UP | 1ST: | | | | |  | |  |
| 2ND: | | | | |  | |
| 3RD: | | | | |  | |
| FLEXIBILITY | BACK SAVER TOE TOUCH | LEFT LEG | | | RIGHT LEG | | LEFT | RIGHT |  |
| 1ST: |  |  |  |  |  |  |
| 2ND: |  |  |  |  |  |  |
| 3RD: |  |  |  |  |  |  |
| SPEED | DOUBLE HEEL CLICK | 1ST: | | | | |  | |  |
| 2ND: | | | | |  | |
| 3RD: | | | | |  | |
| COORDINATION | PAPER WAD OR BALL JUGGLE | 1ST: | | | | |  | |  |
| 2ND: | | | | |  | |
| 3RD: | | | | |  | |
| AGILITY | SHUTTLE RUN | 1ST: SECONDS | | | | |  | |  |
| 2ND: SECONDS | | | | |  | |
| 3RD: SECONDS | | | | |  | |
| POWER | STANDING LONG JUMP | 1ST: CM | | | | |  | |  |
| 2ND: CM | | | | |  | |
| 3RD: CM | | | | |  | |
| REACTION TIME | STICK/ RULER DROP | 1ST: INCHES | | | | |  | |  |
| 2ND: INCHES | | | | |  | |
| 3RD: INCHES | | | | |  | |
| BODY COMPOSITION | THE PINCH | 1ST: INCHES | | | | |  | |  |
| BODY MASS INDEX (BMI) | BMI:  Category: | | | | |  | |  |
| OTHER MEASUREMENTS: | WAIST:  \_\_\_ INCHES | NECK:  \_\_\_ INCHES | | | | | SHOULDER:  \_\_\_ INCHES | | THIGH:  \_\_\_ INCHES |
| HEIGHT: CM/IN | | | | | | WEIGHT: KG/LBS | | |

**INSTRUCTION :**

* You will be given **three (3) attempts** to execute every diagnostic stunt for each fitness components, except for some.
* Gather all the data needed and record it.
* Norms will be provided and type only the initial letters of the following: **G** – Good, **M** – Marginal, and **L** – Low.
* **Type the complete word of the best result** among the three attempts if it is **Good, Marginal or Low**. Once, you are done, save your file in a **pdf. format**.
* For checking and submission File name format: **Section/ Last Name, First Name/ PFS.** Upload your file in your Google drive and post only

the shareable link in the submission folder.