

Testing physical fitness - Eurofit experimental battery : provisional handbook

Council of Europe - Effects of an Adapted Physical Activity Program on Physical Fitness of Adults with Intellectual Disabilities

	n	Jumping sit-ups (n)	Walking sit-ups (n)	Walking backwords (n)	Ball throwing (n)
Athletics	35	82.8(12)	41.7(4)	48.9(12)	8.7(2)(0)
Biathlon	12	84.5(11)	45.6(2)	47.6(3)	9.9(6)(4)
Track and field	23	82.1(13)	45.8(2)	50.5(14)	8.9(2)(3)
Ball sports	60	81.6(10)	44.8(2)	48.0(12)	8.8(2)(0)
Swimming	17	94.6(20)	41.6(3)	36.6(3)	9.8(6)(3)
Volleyball	3	74.7(9)	47.6(4)	42.7(1)	7.0(0)(0)
Gymnastics	103	87.6(12)	42.1(3)	46.1(10)	8.8(2)(0)
Handball	10	86.6(18)	41.6(4)	46.1(10)	8.8(2)(0)
Dance	111	84.2(20)	42.4(3)	47.3(10)	8.8(2)(0)
Football	19	84.0(14)	43.2(4)	41.6(4)	8.8(2)(0)
Folk dance	8	87.7(15)	42.8(3)	43.3(1)	7.7(2)(3)
Class dance	13	86.8(7)	42.5(1)	46.0(3)	8.8(2)(5)
Modern dance	19	84.6(3)	42.3(4)	42.0(13)	9.9(1)(8)
Other dance	54	85.0(15)	44.6(7)	47.0(4)	8.8(2)(0)
Swimming	43	84.5(15)	42.5(4)	47.0(10)	8.8(2)(0)
Handball	11	85.0(4)	43.6(4)	46.5(17)	7.7(2)(0)
Aero-gymnastics	8	82.6(3)	45.6(1)	51.7(4)	8.8(2)(0)
Artist gymnastics	38	83.8(31)	43.8(5)	48.8(10)	8.8(2)(0)
Marital arts	51	86.8(7)	43.8(7)	42.0(13)	8.8(2)(8)
Wrestling	21	81.1(12)	42.6(9)	41.6(7)	8.8(2)(7)
Boxeo	25	82.0(17)	41.5(3)	45.1(14)	8.8(2)(3)
Tae-kwon-do	5	83.8(17)	34.8(3)	41.0(2)	8.8(2)(3)
Other sports	88	85.6(13)	42.6(3)	47.0(17)	8.8(2)(6)
Boys/girls (newcomers)	15	82.0(14)	42.6(9)	46.0(5)	8.8(2)(4)
Boys/girls (adults)	11	83.8(11)	42.6(4)	45.0(5)	8.8(2)(1)
Handball	8	81.0(12)	38.8(4)	46.4(14)	7.7(2)(0)
Jumping-jack	30	87.1(24)	42.9(2)	46.0(12)	8.8(2)(3)
Boxing	6	85.0(4)	41.9(3)	53.0(2)	8.8(2)(2)
Beep test	40	84.1(31)	42.7(1)	46.0(14)	8.8(1)(0)
Swimming	4	85.6(13)	40.7(7)	42.8(11)	8.8(0)(0)
Yoga	43	82.6(19)	41.6(3)	47.0(14)	8.8(2)(1)
Swimming	41	87.0(18)	43.6(1)	46.0(4)	8.8(2)(1)

Description:-

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Notes: At head of title : Sport.

This edition was published in 1983



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Tags: #PHYSICAL #FITNESS #ASSESSMENT #IN #CHILDREN #AND #ADOLESCENTS: #A #SYSTEMATIC #REVIEW

The influence of professional training disciplines on the physical fitness level of the folk dance department students

Journal of Intellectual Disability Research, 54, 955-965.

Physical Fitness Testing

PHYSICAL FITNESS ASSESSMENT IN CHILDREN AND ADOLESCENTS: A SYSTEMATIC REVIEW

Council of Europe, Strasbourg, 1983.

Eurofit Fitness Test Battery

Discussion: Heredity, fitness and health. Assessment of static balance was performed using the Flamingo Balance Test. The parent may not suspect that there is likely to be anything wrong with children's fitness today.

AAHPER YOUTH FITNESS TEST MANUAL PDF

Human Sport Med, 2019;19 4 :103-110.

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Elliot E, Erwin H, Hall T, et al. .

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