

MY PERSONAL FITNESS ASSESSMENT



3RD GRADE FITNESS SCORES

AEROBIC CAPACITY PACER LAPS	<input type="text"/>
MUSCULAR ENDURANCE CURL-UPS	<input type="text"/>
MUSCULAR STRENGTH PUSH-UPS	<input type="text"/>
FLEXIBILITY SIT & REACH	<input type="text"/>

BOYS HEALTHY FITNESS ZONES

AGE	PACER LAPS	CURL UPS	PUSH UPS	SIT & REACH
9		9	6	8"
10	17+	12	7	8"
11	20+	15	8	8"

4TH GRADE FITNESS SCORES

AEROBIC CAPACITY PACER LAPS	<input type="text"/>
MUSCULAR ENDURANCE CURL-UPS	<input type="text"/>
MUSCULAR STRENGTH PUSH-UPS	<input type="text"/>
FLEXIBILITY SIT & REACH	<input type="text"/>

GIRLS HEALTHY FITNESS ZONES

AGE	PACER LAPS	CURL UPS	PUSH UPS	SIT & REACH
9		9	6	9"
10	17+	12	7	9"
11	20+	15	7	10"

5TH GRADE FITNESS SCORES

AEROBIC CAPACITY PACER LAPS	<input type="text"/>
MUSCULAR ENDURANCE CURL-UPS	<input type="text"/>
MUSCULAR STRENGTH PUSH-UPS	<input type="text"/>
FLEXIBILITY SIT & REACH	<input type="text"/>

FITNESS IS INFLUENCED BY A NUMBER OF FACTORS BEYOND PHYSICAL ACTIVITY. THESE INCLUDE: HEREDITY, MATURATION, AGE, NUTRITION, ENVIRONMENTAL CONDITIONS (HEAT, HUMIDITY, POLLUTION), ACCESS TO PHYSICAL ACTIVITY OPPORTUNITIES, SOCIOECONOMIC STATUS, AND TRAINABILITY (AMOUNT A PERSON IS PHYSICALLY CAPABLE OF IMPROVING THEIR OWN FITNESS).

NAME: