

Physical Education - Health related exercise: personal fitness

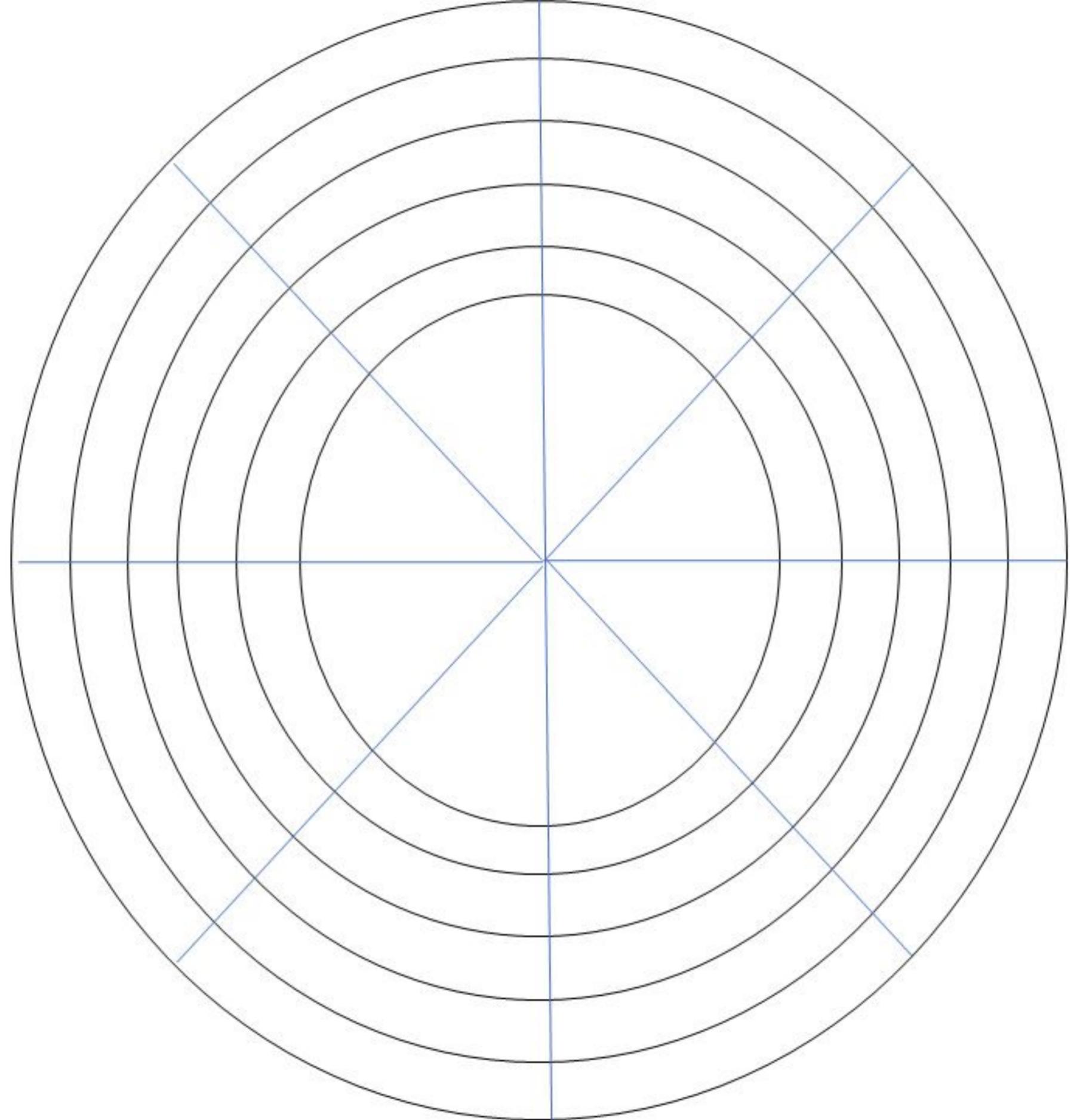
How can fitness be measured?

Guy Wnuk



Performance profile

- Write the component in each centre segment.
- Shade each of the 5 outer rings for each segment to correspond with your rating.
- 1st ring is poor
- 2nd ring is below average and so on to the outer ring which is excellent.



Comparison to normative data.

	Resting heart rate (bpm)	Stork balance (male) (secs)	Stork balance (female) (secs)	Ruler drop (cm)	Standing long jump (male) (m)	Standing long jump (female) (m)	Wall-ball throw	Sit and reach (male) (cm)	Sit and reach (female) (cm)	1-min sit-up (male)	1-min sit-up (female)	Press-up (male)	Press-up (female)
Poor	85+	Below 5	Below 3	Above 28	Below 1.68	Below 1.47	Below 20	Below 4	Below 4	Below 30	Below 24	Below 11	Below 6
Below Average	75-85	5-14	3-7	20-28	1.84-1.68	1.59-1.47	20-24	6-4	6-4	31-34	25-28	11-18	6-10
Average	70-74	15-36	8-22	16-19	1.95-1.85	1.72-1.60	25-29	11-7	12-7	35-38	29-32	19-34	11-20
Above average	61-69	37-50	23-27	8-15	2.11-1.96	1.91-1.73	30-35	14-12	15-13	39-43	33-36	35-46	21-26
Excellent	Below 60	Above 50	Above 27	Less than 8	Above 2.11	Above 1.91	Above 35	Above 14	Above 15	Above 43	Above 36	Above 46	Above 26

