

(2011) **Fitness Appraisal Results # 3 - Section 103 –MQ**
(Bring this form with you to the Fitness Appraisal)

Name: _____ Teacher's Name: _____

Class: _____ Class Day & Time: _____

Refer to Chapter 12 for verbal ratings and testing instruction and information.

Test	Test 1 Results Baseline	Verbal Rating	Fitness App. Results	Verbal Rating
Resting Heart Rate (take in am – 30 sec. x 2)	_____ bts/min		_____ bts/min	
Pre-exercise Heart Rate (10sec. x 6)	_____ bts/min		_____ bts/min	
BODY COMPOSITION				
Body Mass Index Find your weight in pounds and your height in feet and inches.	BMI = _____ Wt.= _____ lbs Ht = _____ ft		BMI = _____ Wt.= _____ lbs Ht = _____ ft	
Waist to Hip Ratio Find your waist and hip circumference.	WHR = Waist ÷ Hip _____ Waist _____ cm Hip _____ cm		WHR = Waist ÷ Hip _____ Waist _____ cm Hip _____ cm	
Waist Circumference	Use measurement from above to get verbal rating		Use measurement from above to get verbal rating	
MUSCLE STRENGTH / ENDURANCE / AGILITY / BALANCE				
Vertical Jump	Jump = _____		Jump = _____	
Push-Ups	# = _____		# = _____	
Curl-Ups (1 minute)	# = _____		# = _____	
Front Plank	# = _____		# = _____	
Chair Dips	# = _____		# = _____	
Wall Squat	# = _____		# = _____	
Side Hops (1 min.)	# = _____		# = _____	
Balance	# = _____		# = _____	
CARDIOVASCULAR ENDURANCE				
12 minute Run Take your heart rate after the run (Post HR) - Then 3 minutes after the run = 3 min. HR recovery e (Take HR for 10 sec x 6 = bts / min)	# of laps = _____ X 160m Total distance= _____ m (see chart)	Post HR = _____ 3 min.HR = _____	# of laps = _____ X 160m Total distance= _____ m (see chart)	Post HR = _____ 3 min.HR = _____
FLEXIBILITY				
SIT-REACH-HOLD	_____ cm		_____ cm	

(2011) **Fitness Appraisal Results - Section 103-MQ - Student Analysis/Feedback**

1. SUMMARY OF RESULTS:

Put your scores next to each of your "verbal comment" results for each of the following 12 test items. Below the average? = Why not set a personal goal to improve in this area. Any items above the average? = Fantastic!

BMI	WHR	Ranking	Ver. Jump	Push-Ups	Curl-Ups	Plank	Chair Dips	Wall Squat	Side Hops	Ba-lance	12 min run	Sit & reach	
Degree of Risk =	Degree of risk =	Excellent											
		Above Avg.											
		Average											
		Below Avg.											
		Poor											

2. UNDERSTANDING APPRAISAL RESULTS:

Submit a typed report – your answers should be based on your results.

Are you satisfied with your Body Composition results?	Yes or No (Circle your answer)
Identify 2 personal lifestyle habits that explain your results.	1. 2.
Identify 2 nutritional habits that are important to maintain or improve your present Body Composition.	1. 2.
Identify 2 exercise habits that are important to maintain or improve your present Body Composition.	1. 2.
What are the health benefits or risks associated with your present Body Composition level.	Benefits or Risks (circle the one you are identifying) 1. 2. 3.

Are you satisfied with your present Muscle Fitness Results? (Verbal Ratings)	Yes or No (Circle your answer)
Identify the training guidelines that you should follow to maintain or improve your present Muscular Fitness Level.	
Frequency of Workout (days in the week you should train)	Intensity (Sets / Reps) Time/Type (List 4 exercises I will do)
What are the health benefits or risks associated with your present Muscle Fitness Level?	Benefits or Risks (circle the one you are identifying) 1. 2. 3.

Are you satisfied with your present Cardiovascular Fitness Results? (Verbal Ratings)	Yes or No (Circle your answer)
Identify the training guidelines that you should follow to maintain or improve your present Cardiovascular Fitness Level.	
Frequency	Intensity (Heart rate / RPE) Time (Duration of Cardio Workouts) Type (What aerobic activity)
What are the health benefits or risks associated with your present Cardiovascular Fitness Level?	Benefits or Risks (circle the one you are identifying) 1. 2. 3.