

Fitness Testing



Name _____

Height _____

<u>Test</u>	<u>Your #</u>	<u>Score</u>
1. <u>Cardiovascular Endurance</u> Step-ups for 3 minutes, pulse for 1 minute.	_____	_____
2. <u>Muscular Endurance</u> Sit-ups for one minute	_____	_____
3. <u>Muscular Strength</u> Standing long jump	_____	_____
4. <u>Flexibility</u> Sit and reach	_____	_____

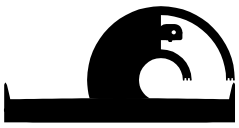
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FITNESS TESTING

How Can You Improve?

Write a paragraph explaining what you did in health class today.

Make sure the following questions are answered:

1. How well did you do on your fitness tests? (1pt.)
2. Why do you think you scored the way you did on the 4 components of fitness? (3pts.)
 - Cardiovascular endurance
 - Muscular strength
 - Muscular endurance
 - Flexibility
3. How could you improve on your individual test scores? (3pts.)
 - Cardiovascular endurance
 - Muscular strength
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 - Flexibility
4. Give 3 reasons why fitness is important for everyone. (3pts.)



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