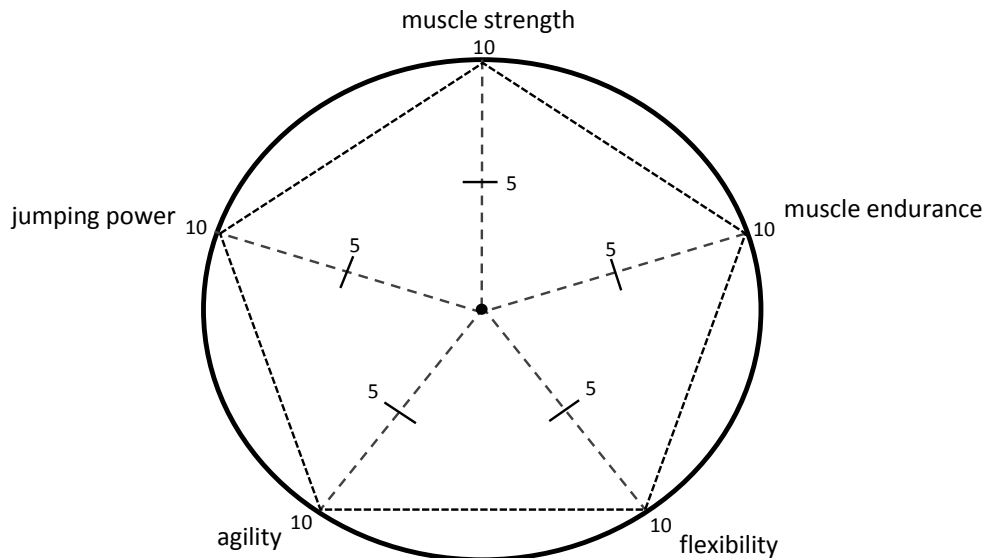


# fitness test indicator sheet

<u>name</u> _____	<u>height</u> _____ <u>cm</u>	<u>weight</u> _____ <u>kg</u>
	1st	2nd
<b>muscle strength</b> grip strength	_____ kg	_____ kg
<b>muscle endurance</b> prone-knee sit-up	_____ reps/30 sec	_____ reps/30 sec
<b>flexibility</b> sit and reach	_____ cm	_____ cm
<b>agility</b> seated side jump	_____ points	_____ points
<b>jumping power</b> standing long jump	_____ cm	_____ cm
<b>balance ability</b> stability system	→ stability index	
	_____	_____



### point table

<b>point table</b>					
<b>Men</b>					
point	grip strength	bent-knee sit-up	sit and reach	repeated side jump	standing long jump
10	62 kg $\leq$	33 reps $\leq$	61 cm $\leq$	60 points $\leq$	260 cm $\leq$
9	58~61	30~32	56~60	57~59	248~259
8	54~57	27~29	51~55	53~56	236~247
7	50~53	24~26	47~50	49~52	223~235
6	47~49	21~23	43~46	45~48	210~222
5	44~46	18~20	38~42	41~44	195~209
4	41~43	15~17	33~37	36~40	180~194
3	37~40	12~14	27~32	31~35	162~179
2	32~36	9~11	21~26	24~30	143~161
1	$\leq$ 31 kg	$\leq$ 8 reps	$\leq$ 20 cm	$\leq$ 23 points	$\leq$ 142 cm
<b>Women</b>					
point	grip strength	bent-knee sit-up	sit and reach	repeated side jump	standing long jump
10	39 kg $\leq$	25 reps $\leq$	60 cm $\leq$	52 points $\leq$	202 cm $\leq$
9	36~38	23~24	56~59	49~51	191~201
8	34~35	20~22	52~55	46~48	180~190
7	31~33	18~19	48~51	43~45	170~179
6	29~30	15~17	44~47	40~42	158~169
5	26~28	12~14	40~43	36~39	143~157
4	24~25	9~11	36~39	32~35	128~142
3	21~23	5~8	31~35	27~31	113~127
2	19~20	1~4	25~30	20~26	98~112
1	$\leq$ 18 kg	0	$\leq$ 24 cm	$\leq$ 19 points	$\leq$ 97 cm