#### PHYSICAL FITNESS TEST SCORE CARD

Name:		Section:
Sex:	Age:	

#### NOTE:

Not applicable to students with health problems such as heart problems and other health issues. Kindly submit medical certificate.

\*Before doing the physical activity kindly do stretching and warm-up exercises and cool-down and stretching exercises after the activity.

\* Make sure the place is safe.

\*Deadline of submission: September 25, 2021

#### Task 1: Health-Related Fitness Test (20 points)

#### A. Body Composition: Body Mass Index (BMI)

1. Body Mass Index (BMI)

Height (meters)	Weight (Kilograms)	BMI	Classification	i

B. Cardiovascular Endurance: 3-Minute Step

Heart R	Heart Rate per Minute		
Before the Activity	After the Activity		

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**SB Merriam** 

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