

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

B. Cardiovascular Endurance: 3-Minute Step

Heart Rate per Minute	
Before the Activity	After the Activity

Physical Science Papermemo 2014 November

J Rink



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