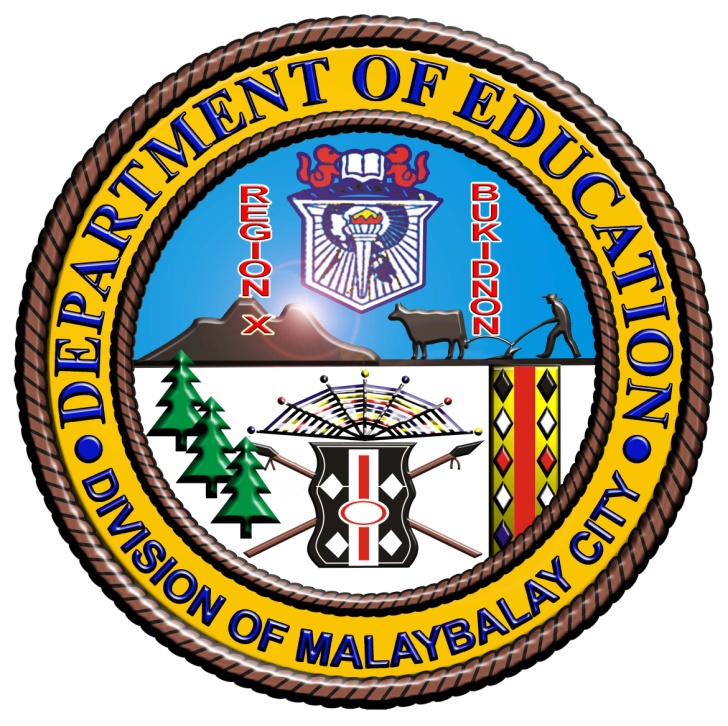
**Form A**



Department of Education

Region X-Northern Mindanao

**DIVISION OF MALAYBALAY CITY**

Purok 6, Casisang, Malaybalay City

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**PHYSICAL FITNESS TEST (PFT) SCORE CARD**

**S.Y. 2016 - 2017**

**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ GRADE/SECTION: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_AGE: \_\_\_\_\_ SEX: \_\_\_\_**

**SCHOOL: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DISTRICT: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ BIRTHDAY: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**PART I. HEALTH – RELATED FITNESS TEST**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **PARAMETERS** | **ACTIVITIES** | | **PRE-TEST**  **(1st Quarter)** | **POST-TEST**  **(4th Quarter)** |
| 1. **BODY COMPOSITION** | **Body Mass Index (BMI)**  **BMI = Weight (kg.)**  **Height (m)2** | * Height (meters) |  |  |
| * Weight (kilograms) |  |  |
| * BMI |  |  |
| * Classification |  |  |
| 1. **CARDIOVASCULAR**   **ENDURANCE** | **3 – Minute Step Test** | Heart Rate Per Minute   * Before the Activity |  |  |
| Heart Rate Per Minute   * After the Activity |  |  |
| Heart Rate Recovery |  |  |
| 1. **STRENGTH** | **90 Degrees Push-Up** | * Number of Push-Up |  |  |
| **Basic Plank** | * Time (00:00) |  |  |
| 1. **FLEXIBILITY** | **Zipper Test** | Overlap Gap – Right Arm (cm) |  |  |
| Overlap Gap – Left Arm (cm) |  |  |
| **Sit and Reach (cm)** | * First Try |  |  |
| * Second Try |  |  |
| * Best Score |  |  |

**PART II. SKILL – RELATED FITNESS TEST**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **PARAMETERS** | **ACTIVITIES** | | **PRE-TEST** | **POST-TEST** |
| 1. **COORDINATION** | **Juggling** | * Score: Number of Hits |  |  |
| 1. **AGILITY** | **Hexagon Agility Test** | * Clockwise Time (00:00) |  |  |
| * Counter Clockwise Time |  |  |
| 1. **SPEED** | **40 Meter Sprint** | * Time (00:00) |  |  |
| 1. **POWER** | **Standing Long Jump**  **(distance in cm)** | * First Trial (cm) |  |  |
| * Second Trial (cm) |  |  |
| * Middle Score (cm) |  |  |
| 1. **BALANCE** | **Stork Balance Stand Test** | * Right Foot Time (00:00) |  |  |
| * Left Foot Time (00:00) |  |  |
| 1. **REACTION TIME** | **Stick Drop Test** | * First Trial (cm) |  |  |
| * Second Trial (cm) |  |  |
| * Third Trial (cm) |  |  |
| * Middle Score (cm) |  |  |

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Name of MAPEH Teacher Name of MAPEH Dept. Head