學生體適能測試 Student fitness test

年級Class：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 測試日期 Assessment date： / /

姓名Name：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 學號Student number：\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| 1. 姓別 Sex
 | M / F |
| 1. 年齡 Age
 | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_歲 years |
| 1. 身高 Height
 | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_CM |
| 1. 體重Weight
 | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_KG |
| 1. 手握力Handgrip
 | (1)\_\_\_\_\_\_\_KG | (2)\_\_\_\_\_\_\_KG | (3)\_\_\_\_\_\_\_KG | (4)\_\_\_\_\_\_\_KG |
| 1. 坐位體前屈

Sit & reach | (1)\_\_\_\_\_\_\_CM | (2)\_\_\_\_\_\_\_CM | (3)\_\_\_\_\_\_\_CM | (4)\_\_\_\_\_\_\_CM |
| 1. 立定跳遠

Standing long jump | (1)\_\_\_\_\_\_\_CM | (2)\_\_\_\_\_\_\_CM | (3)\_\_\_\_\_\_\_CM | (4)\_\_\_\_\_\_\_CM |
| 1. 15米折返跑

15M Shuttle run | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_次 times |
| 1. 需要配帶眼鏡

Wearing glasses | 有 Yes / 無 No |
| 1. 備註欄

Remark |  |