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：\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| 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 |  | | | |