

Fitness Evaluation – Part 2

Pulmonary Function

Resting HR:	Resting BP:	Max HR:
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Respiratory Function

Forced expiration vol (1 sec) (Fev.1.0) ml	Forced expiration vital capacity (FVC) ml
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Body Composition - Anthropometric Measurements

WOMEN	Measurement (in.)	MEN	Measurement (in.)
Abdomen		Right Upper Arm	
Right Thigh		Abdomen	
Right Forearm		Right Forearm	

Body Composition – Skinfold Test

	Trial 1	Trial 2	Trial 3	AVERAGE	% Body Fat
Chest					
Tricep					
Subscapular					

Suprailiac					
TOTAL					

Flexibility Test

	Trial 1	Trial 2	Trial 3	BEST	RATING
Sit and Reach					

3-Minute Step Test

HR Before	HR After	HR 1 min After	RATING

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