**STKR Secondary – INDIVIDUAL FITNESS PROFILE**

[](https://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwi20PvMsN7RAhUS7GMKHTUDDbgQjRwIBw&url=https://www.pinterest.com/pin/469359592389642470/&psig=AFQjCNFAQ7VCidsGG76EGPnyGPQ055K70w&ust=1485470874580727)

**Personal Fitness**

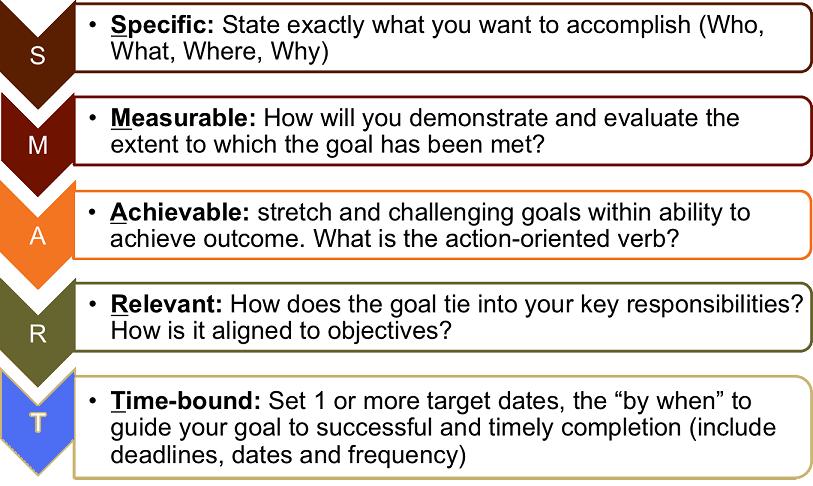
Last Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ First Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Fitness Area/Test** | **Pre – Test** | | **Mid – Test** | | **Post - Test** | |
|  | Test Score |  | Test Score |  | Test Score |  |
| Agility – Shuttle Run |  |  |  |  |  |  |
| Cardio End – Beep Test |  |  |  |  |  |  |
| Power – Vertical Jump  (Jumping Ht. – Standing reach) |  |  |  |  |  |  |
| Power – Standing Long Jump |  |  |  |  |  |  |
| Flexibility – Sit and Reach |  |  |  |  |  |  |
| Mus. Endurance – One Minute Sit Ups |  |  |  |  |  |  |
| Mus. Endurance – Cadence Pushups |  |  |  |  |  |  |
| Mus. Strength – Bench Press  Weight options to be used:  45, 65, 95, 115, 135, 155, 185, 205, 225  Weight to touch chest with pad  Must have two spotters – no exceptions! | Wt. Lifted | Reps | Wt. Lifted | Reps | Wt. Lifted | Reps |
| Your Test: ?? Relevant to goals |  |  |  |  |  |  |
| Height (cm) |  |  |  |  |  |  |
| Weight (lbs) |  |  |  |  |  |  |

Functional Testing Adapted from the FMS Scoring Sheet in **Functional Performance for Sport**, pg. 42.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Test | Pre -Test Score -1,2, or 3 | Comment  Pre Test | Post -Test Score -1,2, or 3 | Comment  Post Test |
| **Deep Squat** |  |  |  |  |
| **Hurdle Step** |  |  |  |  |
| **In-Line Lunge** |  |  |  |  |
| **Shoulder Mob.** |  |  |  |  |
| **Straight Leg Raise** |  |  |  |  |
| **Rotary Stability** |  |  |  |  |
| **Seated Rotation** |  |  |  |  |
| Total out of 21 |  |  |  |  |



**Goal Setting Personal Fitness**

Your overall fitness goal(s)(can be broad and long term goals – place for dreaming ) :

What training were you doing before taking this class to move you towards your goal? :

What are you going to go to improve your fitness, over and above participating in this class to the best of your ability?

How are you going to measure your success in achieving your fitness goal(s)? – Create a SMART goal: