



Royal Oaks High School Individual Standards Report

Name: **Abernathy, Chris**

Age: **15**

Date: **2016/11/12**

Sunwest School - Wellness.10 - Test, Royal Oaks High School - Wellness.10, Royal Oaks High School - Wellness.1 - Test class

■ Below HZ - At Risk	■ Below HZ - NI	■ Within HZ	■ Exceed HZ
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Aerobic Capacity

This is a measurement of aerobic fitness, which is the most important area of fitness in terms of your overall health. For optimal fitness, you need to be active most days of the week for 60 minutes. To improve, perform activities such as walking, running, biking, swimming, other sports or aerobic activities that you enjoy

One-Mile Run (min:sec)	Standards	0:01-9:29		9:30-12:30	
	1st Qtr 16-17	7:25			
	2nd Qtr 16-17				
20m PACER Laps (numeral)	Standards	0.1-20	21-29	30-60	
	1st Qtr 16-17	52			
	2nd Qtr 16-17	36			
VO2max (Pacer) (mL/kg/min)	Standards	0-36	36.1-39	39.1-90	
	1st Qtr 16-17	46.6			
	2nd Qtr 16-17	42.3			

Body composition

Your body is made up of water, fat, protein, carbohydrate and various vitamins and minerals. If you have too much fat — especially if a lot of it is at your waist — you're at higher risk for such health problems as high blood pressure, high blood cholesterol and diabetes. If you're overweight or obese, you can reduce your risk for heart disease by successfully losing weight and keeping it off.

Body mass (lb)	Standards				
	1st Qtr 16-17				
	2nd Qtr 16-17				
Body height (in)	1st Qtr 16-17	52.2			
	2nd Qtr 16-17	52.1			
Body Mass Index (lb/in²)	Standards	28.5-60	24.4-28.4	16.7-24.3	0.1-16.6
	1st Qtr 16-17	39.2			
	2nd Qtr 16-17	58.3			
Percent Body Fat (%)	Standards	37.1-80	29.2-37	14.6-29.1	0.1-14.5
	1st Qtr 16-17				
	2nd Qtr 16-17	16.5			

Flexibility

Flexibility is the range of motion of the muscles and tendons surrounding a joint. The Sit and Reach test and the Hand Clasp test assess your over all flexibility. To improve, perform safe stretching activities after your workouts.

Shoulder Stretch (1=Yes; 2=N)	Standards	1-1	2-2
	1st Qtr 16-17	1	
	2nd Qtr 16-17	2	

Muscular Endurance

This is an indication of how long a muscle group can perform to exhaustion. The Push Up test measures muscular endurance in your upper body. The Curl-Ups test measures the endurance of the abdominal muscles, which are important for posture and maintenance of low back health. To improve, perform curl-ups, pilates, yoga, weight training, and other abdominal exercises 3-5 days per week.

	Standards	0-16	17-21	22-36	37-100
Curl-Up (Rep)	1st Qtr 16-17	12			
	2nd Qtr 16-17	23			
90o Push-Up (Rep)	Standards	0-6		7-75	
	1st Qtr 16-17	22			
	2nd Qtr 16-17				

Muscular Strength

Muscular Strength is an indication of how much force a muscle group can exert. The Combined Hand Grip Test measure upper body strength and The Vertical Jump measures lower body strength and power. To improve, perform sports that build strength such as gymnastics or football. You can also follow a weight training program 3-5 days per week.

	Standards	0-3	4-75
Modified Pull-Up (Rep)	1st Qtr 16-17	15	
	2nd Qtr 16-17		
Trunk Lift (in)	Standards	0-8	9-12
	1st Qtr 16-17	2	
	2nd Qtr 16-17		
Flexed-Arm Hang (sec)	Standards	0-7	8-90
	1st Qtr 16-17	22	
	2nd Qtr 16-17		