



# Individual profile

## Royal Oaks High School - Wellness.1 - Test class

Name: **Abell, James**

Age: **15**

Date: **2020/09/18**

### Presidential Physical Fitness Test (no standards)

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

■ Improved ■ Did not improve

#### Aerobic Capacity

One-Mile Run (min:sec)	3rd Qtr 16-17	8:15
	4th Qtr 16-17	6:15 (-24%)

#### Aerobic fitness

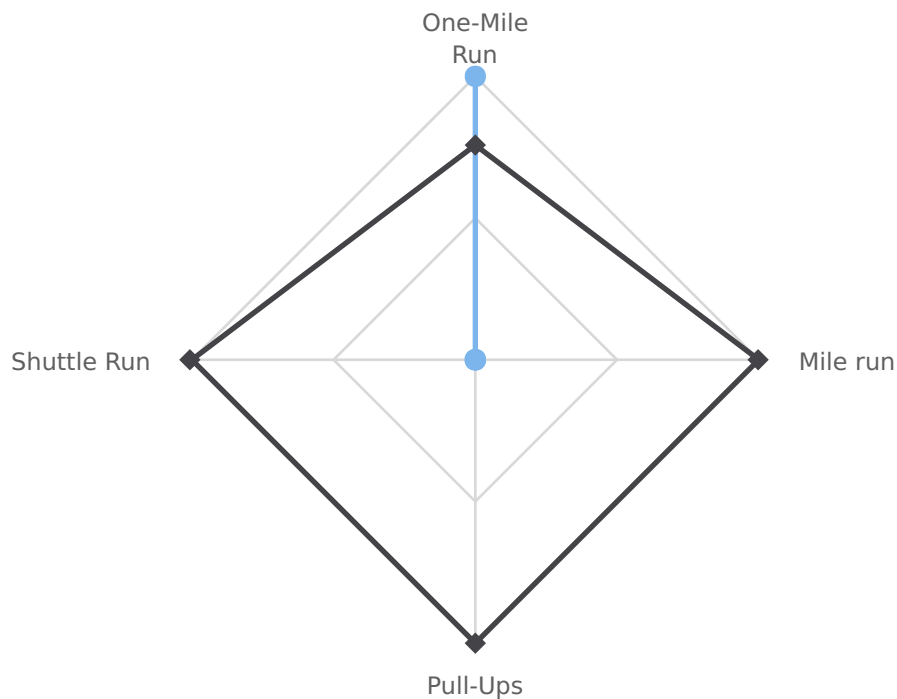
Mile run (min:sec)	3rd Qtr 16-17	
	4th Qtr 16-17	6:15

#### Muscular Strength

Pull-Ups (rep)	3rd Qtr 16-17	
	4th Qtr 16-17	5

#### Skill Related Fitness

Shuttle Run (s)	3rd Qtr 16-17	
	4th Qtr 16-17	12



● **Nov 1, 2016**    ◆ **Mar 1, 2017**