



JAMES ABELL - Age 15

ROYAL OAKS HIGH SCHOOL - WELLNESS.10, ROYAL OAKS HIGH SCHOOL - WELLNESS.1 - TEST CLASS

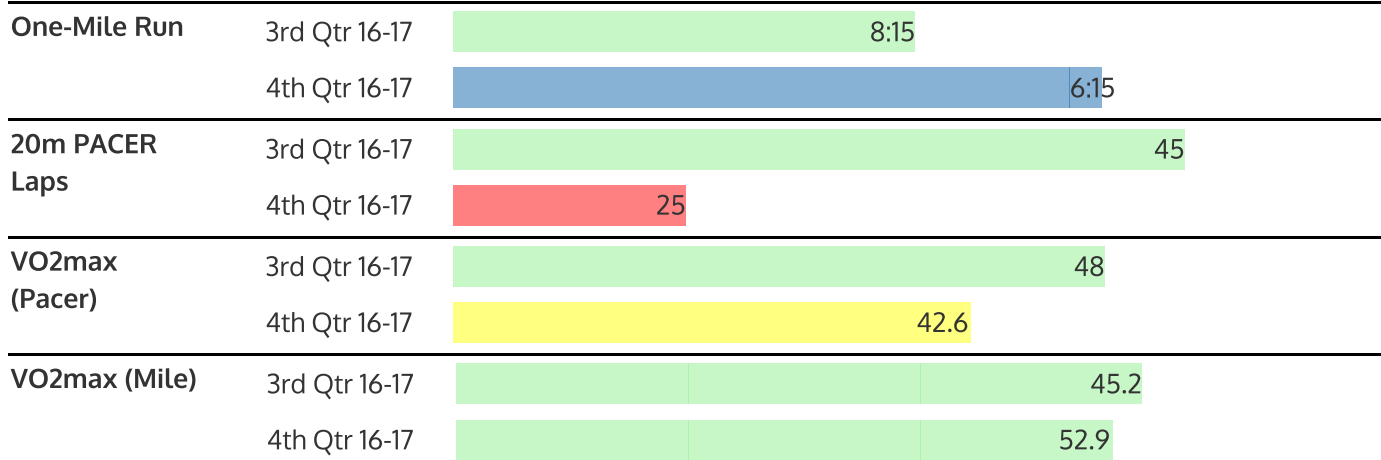
FITNESSGRAM (r)

Standard FITNESSGRAM(r) battery



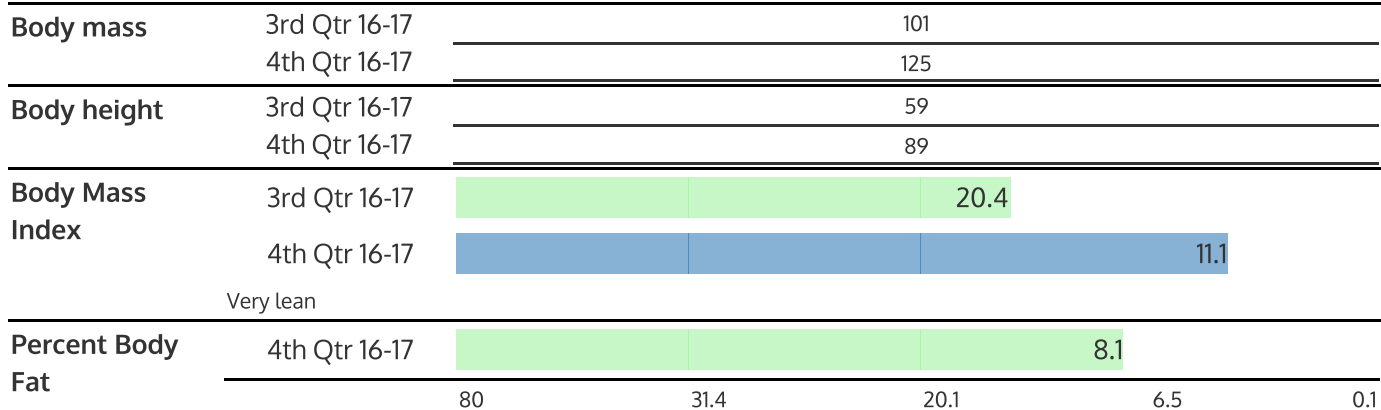
AEROBIC CAPACITY

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



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.



FLEXIBILITY



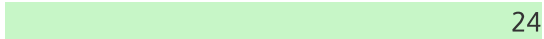

Flexibility is the range of motion of the muscles and tendons surrounding a joint. The Sit and Reach test and the Hand Clasp test assess your over all flexibility. To improve, perform safe stretching activities after your workouts.



	4th Qtr 16-17		21
Sit & Reach - L	3rd Qtr 16-17		22
	4th Qtr 16-17		21
Shoulder Stretch	3rd Qtr 16-17		2
	4th Qtr 16-17		1

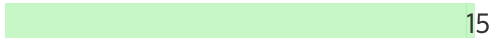
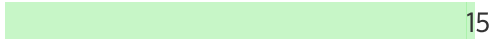

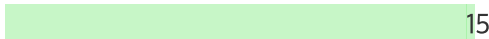

MUSCULAR ENDURANCE

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.

Curl-Up	3rd Qtr 16-17		39
	4th Qtr 16-17		48
90o Push-Up	3rd Qtr 16-17		24
	4th Qtr 16-17		25

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.

Modified Pull-Up	3rd Qtr 16-17		15	
	4th Qtr 16-17		15	
Flexed-Arm Hang	3rd Qtr 16-17		12	
	4th Qtr 16-17		15	
Trunk Lift	3rd Qtr 16-17		7	
		0	9	12

COMMENTS

4th Qtr 16-17 Great improvement today!

SUMMARY

	Overall score	Overall achieved standard
3rd Qtr 16-17	16 / 24	68%
4th Qtr 16-17	19 / 24	80%