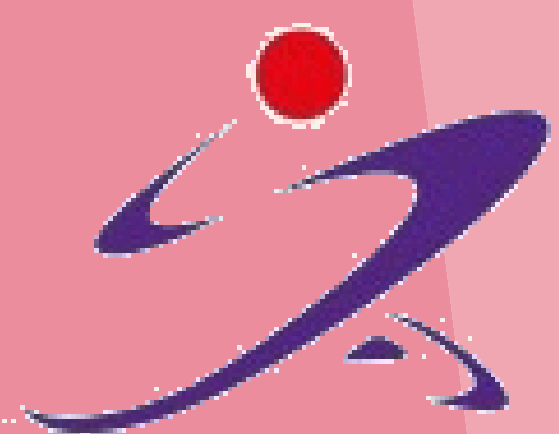




**BEEN WORKING OUT A LOT?  
WANT TO FIND OUT MORE  
ABOUT YOUR FITNESS?**

# **FITNESS TESTING**

**— BY INTERNATIONAL SPORTS ACADEMY —**



**INTERNATIONAL  
SPORTS  
ACADEMY**

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HTTP://WWW.ISA.EDU.SG**

# FITNESS TESTING

— BY INTERNATIONAL SPORTS ACADEMY —

## 1 REGISTRATION

Participants to register at ISA booth during actiFIT 2019 Asia. No registration fees at all!



## 2 CONSENT FOR TESTING

Clear a simple questionnaire to find out if you are suited to try out our 5-station fitness test.

# 2

## 3 5-STATION FITNESS TEST

Go through a series of 5 stations to test your Flexibility, Agility, Explosive Power, Strength and Endurance.



## 4 COMPARE YOUR RESULTS

Head on to <https://www.isa.edu.sg/blog> to understand your results.

# 4



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# STATION 1

## VERTICAL JUMP TEST

Vertical leap can be and is often used as a measuring tool to assess the ability to display power, explosive strength, and the ability to use strength.

The purpose of the vertical jump test is to assess whole body explosiveness, which coaches can use and tell how much explosive of an athlete they have on their hands.

Not just for rugby players, explosiveness has a high carryover to pretty much any sports requiring speed, agility, quickness and explosive power!

The following norms are as followed:

Rating	Male		Female	
	(inches)	(cm)	(inches)	(cm)
Excellent	>28	>70	>24	>60
Very Good	24 – 28	61 – 70	20 – 24	51 – 60
Above Average	20 – 24	51 – 60	16 – 20	41 – 50
Average	16 – 20	41 – 50	12 – 16	31 – 40
Below Average	12 – 16	31 – 40	8 – 12	21 – 30
Poor	8 – 12	21 - 30	4 – 8	11 – 20
Very Poor	< 8	< 21	< 4	< 11



# STATION 2

## HEXAGON TEST

Agility is the ability to stop, start and change directions of the body or body parts rapidly and in a controlled manner.

The aim of Hexagon test is to test the ability of moving quickly while maintaining balance.

The following norms (in centimetres) are as followed:

	Male	Female
<b>Excellent</b>	< 11.2	< 12.2
<b>Above Average</b>	11.2 – 13.3	12.2 – 15.3
<b>Average</b>	13.4 – 15.5	15.4 – 18.5
<b>Below Average</b>	15.6 – 17.8	18.6 – 21.8
<b>Poor</b>	>17.8	>21.8

# STATION 3

## SIT AND REACH TEST

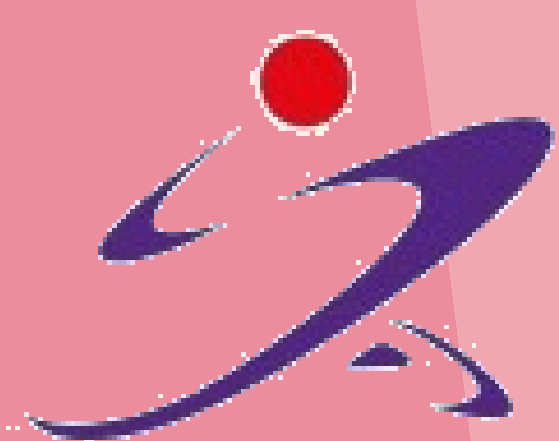
With a well-stretched muscle, it can easily achieve its full range of motion, improving athletic performance. A more flexible muscle makes everyday activities easier on the body and may decrease risk of certain injuries. Stretching may improve circulation, increasing blood flow to muscles; good circulation can help to protect against a host of illnesses.

The purpose of this test is to measure lower back and hamstring flexibility. As tightness in the lower back and hamstrings is often related to muscle pain and stiffness, this test may determine the risk of future pain and injury.

The following norms (in centimetres) are as followed:

MEN	20's	30's	40's	50's	60's
Excellent	>56	>53	>53	>48	>43
Good	46 - 54	43 - 50	40 - 50	38 - 45	35 - 40
Average	38 - 43	35 - 40	33 - 38	28 - 35	22 - 33
Below Average	< 37	< 35	< 33	< 28	< 23

WOMEN	20's	30's	40's	50's	60's
Excellent	>61	>58	>55	>53	>50
Good	50 - 58	50 - 56	46 - 53	43 - 50	41 - 48
Average	45 - 48	43 - 48	41 - 43	36 - 41	36 - 38
Below Average	< 44	< 43	< 40	< 35	< 35



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# STATION 4

## GRIP STRENGTH TEST

Handgrip strength is important for any sport in which the hands are used for catching, throwing or lifting. Also, it is considered as an indicator of the overall well-being of an adult, as well as indicator of a greater risk of heart attack or stroke.

The purpose of this test is to measure the maximum isometric strength of hand and forearm muscles. It would be good to note down which hand is the dominant one as the non-dominant hand usually scores about 10% lower.

The following norms are as followed:

Rating	Male		Female	
	(lbs)	(kg)	(lbs)	(kg)
Excellent	>141	>64	>84	>38
Very Good	123 – 141	56 – 64	75 – 84	34 – 38
Above Average	114 – 122	52 – 55	66 – 74	30 – 33
Average	105 – 113	48 – 51	57 – 65	26 – 29
Below Average	96 – 104	44 – 47	49 – 56	23 – 25
Poor	88 – 95	40 – 43	44 – 48	20 – 22
Very Poor	< 88	< 40	< 44	< 20



# STATION 5

## YMCA STEP TEST

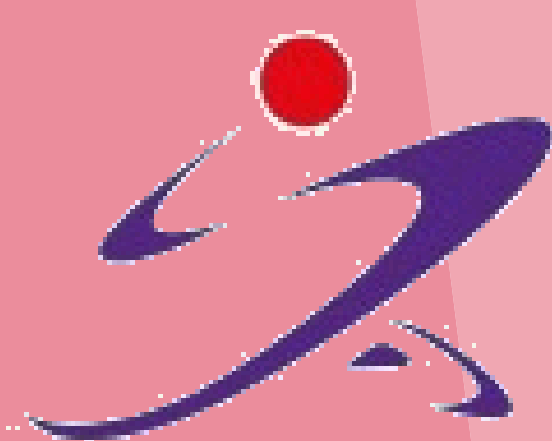
Cardiovascular Fitness enhances the ability of the heart and lungs to supply oxygen-rich blood to the working muscle tissues, and the ability of the muscles to use oxygen to produce energy for movement.

With enhanced cardiovascular fitness, there will be lower risk of Type 2 diabetes as well as many chronic and heart diseases. The submaximal test is based on how quickly your heart rate recovers after a short bout of exercise.

The following norms (in beats per minute) are as followed:

Rating for Men	18 – 25	26 – 35	36 – 45	46 – 55	56 – 65	>65
Excellent	50 – 76	51 - 76	49 – 76	56 - 82	60 - 77	59 – 81
Very Good	79 – 84	79 – 85	80 – 88	87 – 93	86 – 94	87 – 92
Above Average	88 – 93	88 – 94	92 – 98	95 – 101	97 – 100	94 – 102
Average	95 – 100	96 – 102	100 – 105	103 – 111	103 – 109	104 - 110
Below Average	102 – 107	104 – 110	108 – 113	113 – 119	111 – 117	114 – 116
Poor	111 – 119	114 – 121	116 – 124	121 - 126	119 - 128	121 – 126
Very Poor	124 - 157	126 – 161	130 - 163	131 - 159	131 - 154	130 – 151

Rating for Women	18 – 25	26 – 35	36 – 45	46 – 55	56 – 65	>65
Excellent	52 – 81	58 - 80	51 - 84	63 - 91	60 - 92	70 – 92
Very Good	85 – 93	85 – 92	89 - 96	95 – 101	97 – 103	96 – 101
Above Average	96 – 102	95 – 101	100 – 104	104 – 110	106 - 111	104 – 111
Average	104 – 110	104 – 110	107 – 112	113 – 118	113 – 118	116 – 121
Below Average	113 – 120	113 – 119	115 – 120	120 – 124	119 – 127	123 – 126
Poor	122 – 131	122 - 129	124 – 132	126 - 132	129 - 135	128 - 133
Very Poor	135 - 169	134 - 171	137 - 169	137 - 171	141 - 174	134 – 155



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