

SOPHOMORE, JUNIOR, SENIOR COMPOSITE SHEETS

Name	ID#		M-F		
	C.V. END.	MUS. STR.	MUS. END.	FLEX.	B.F.
Pre-Test	/	/	/	/	/
Goals	/	/	/	/	/
Post-Test	/	/	/	/	/

DETERMINING COMPOSITE SCORE

Test Area	Raw Score	Level	Destination	Weight	Product
C.V.	<input type="checkbox"/>	<input type="checkbox"/>	X 7 =	<input type="checkbox"/>	<input type="checkbox"/>
STRGTH	<input type="checkbox"/>	<input type="checkbox"/>	X 2 =	<input type="checkbox"/>	<input type="checkbox"/>
MUS.END	<input type="checkbox"/>	<input type="checkbox"/>	X 4 =	<input type="checkbox"/>	<input type="checkbox"/>
FLEX	<input type="checkbox"/>	<input type="checkbox"/>	X 3 =	<input type="checkbox"/>	<input type="checkbox"/>
%BODY FAT	<input type="checkbox"/>	<input type="checkbox"/>	X 5 =	<input type="checkbox"/>	<input type="checkbox"/>

YOUR COMPOSITE SCORE →

- TOTALS (composite score)**
- 21 - 38 — Level 1
 - 39 - 48 — Level 2
 - 49 - 60 — Level 3
 - 61 - 84 — Level 4

<u>Girls</u>									
Level	1	2	3	4	5	6	7	Weighting#	
C/V	38+	32-37	26-31	25	or below	7			
Laps									
Body Fat	21%	21.1% - 25%	25.1% - 28.9%	29%	or more	5			
Strength	39+	31.5 - 38.9	27.5 - 31.4	27.4	or less	2			
Flexibility (sit/reach)	14+	10 - 13.5	6 - 9.5	5.5	or less	3			
Musc. Endur. (sit-ups)	51+	45-50	37-44	36	or less	4			
<u>Boys</u>									
Level	1	2	3	4	5	6	7	Weighting#	
C/V	41+	34-40	27-33	26	or below	7			
Laps									
Body Fat	13.9%	14.0% - 17.0%	17.1% - 21.0%	22%	or more	5			
Strength (handgrip)	55+	49.5 - 54.9	41 - 49.4	40.9	or less	2			
Flexibility (sit/reach)	11+	8 - 10.5	5 - 7.5	4.5	or below	3			
Musc. Endur. (sit-ups)	60+	50-59	44-49	43	or less	4			