

Elmwood Physical Education

8th - 9th Grade Composite Score Sheets

Name	CS-L	C.V. END.	ID#	MUS. STR.	MUS. END.	FLEX.	B.F.
Goals							
Post-Test							

DETERMINING COMPOSITE SCORE

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

YOUR COMPOSITE SCORE →

TOTALS (composite score)

- 21 - 38 ---Level 1
- 39 - 48 ---Level 2
- 49 - 60 ---Level 3
- 61 - 84 ---Level 4

Girls

Level	1	2	3	4	Weighting#
C/V	37+	30-36	24-29	23	7
Laps				or below	
Body Fat	21%	22% - 25%	26% - 28%	29% or more	5
Strength	37+	30-36	25-29	24	2
Flexibility (sit-reach)	14+	10-13	6-9	5	3
Muse. End. (sit-ups)	49+	43-48	35-42	34	4

Boys

Level	1	2	3	4	Weighting#
C/V	40+	33-39	26-32	25	7
Laps				or below	
Body Fat	13.9%	14.0% - 17.0%	17.1% - 21.9%	22% or more	5
Strength (handgrip)	51+	45.5 - 50.5	37 - 45	36.5	2
Flexibility (sit-reach)	11+	8-10.5	5-7.5	4.5	3
Muse. End. (sit-ups)	56+	47-55	41-46	40	4
				or below	