Elmwood Physical Education

8th – 9th Grade Composite Score Sheets

Name Bob Smith			ID#		M-F M	
	CS-L	C.V. END.	MUS. STR.	MUS. END.	FLEX.	B.F.
Pre-Test	36 / 1	41 / 1	47 / 2	50 / 2	4 / 4	13.7 / 1
Goals	/	42 / 1	48 / 2	51 / 2	5 / 3	13.5 / 1
Post-Test	33 / 1	42 / 1	50 / 2	52 / 2	6 / 3	13.7 / 1

DETERMINING COMPOSITE SCORE

Test Area	Raw Score	Level Destination	Weight	Product
C.V.	42	1	X 7 =	7
STRGTH	50	2	X 2 =	4
MUS.END	52	2	X 4 =	8
FLEX	6	3	X 3 =	9
%BODY FAT	13.7	1	X 5 =	5

YOUR COMPOSITE SCORE → 33

TOTALS (composite score)

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

Subtracted 3 From Pre-test composite (Level 1)
See Scoring grid for score = B

Girls

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

Boys

Level	1	2	3	4	Weighting#
C/V Laps	40+	33-39	26-32	25 or below	7
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 or below	2
Flexibility (sit/reach)	11+	8- 10.5	5- 7.5	4.5 or below	3
Musc. End. (sit-ups)	56+	47-55	41-46	40 or below	4