

# Senior Physical Education

## Sophomore, Junior, Senior Composite Sheets

Name	ID#		M-F			
	CS-L	C.V. END.	MUS. STR.	MUS. END.	FLEX.	B.F.
Joe Thomas	32	41	50	52	11	15.0
	1	1	2	2	1	2
Goals		42	51	53	11 1/2	14.5
		1	2	2	1	2
Post-Test	43	39	51	47	11	15.5
	2	2	2	3	1	2

### DETERMINING COMPOSITE SCORE

Test Area	Raw Score	Destination	Weight	Product
C.V.	39	2	X 7 =	14
STRGTH	51	2	X 2 =	4
MUS. END	47	3	X 4 =	12
FLEX	11	1	X 3 =	3
%BODY FAT	55	2	X 5 =	10

YOUR COMPOSITE SCORE →

43

Added 11 points

to Pre-test composite.

See scoring grid

For Fitness score - 38%

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	5	Weighting#
C/V	38+	32-37	26-31	25	or below	7
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

Level	1	2	3	4	5	Weighting#
Flexibility (sit/reach)	14+	10-13.5	6-9.5	5.5	or less	3

Level	1	2	3	4	5	Weighting#
Musc. Endur. (sit-ups)	51+	45-50	37-44	36	or less	4

Level	1	2	3	4	5	Weighting#
Boys						

Level	1	2	3	4	5	Weighting#
C/V	41+	34-40	27-33	26	or below	7
Body Fat	13.9%	14.0% - 17.9%	17.1% - 21.9%	22%	or more	5
Strength	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

Level	1	2	3	4	5	Weighting#
Boys						