



# TEST ITEMS

1. Resting Pulse Rate-180

2. Exercising Pulse Rate:

a. 1<sup>st</sup> Minute-143

b. 2<sup>nd</sup> Minute-246

c. 3<sup>rd</sup> Minute-460

3. Recovery Pulse Rate-365

4. Standing Long Jump-117cm

5. Sit And Reach-85cm

6. Arm Stretch-148cm

7. Knee Curl-Ups-12

8. Half Knee Bend-55

9. Push-Up-11



# BMI CALCULATION



$$\text{BMI} = \frac{\text{WEIGHT (KG)}}{\text{HEIGHT (M)}^2}$$

WEIGHT-52KG

HEIGHT-1.52M

$$= \frac{52 \text{ KG}}{1.52 \text{ M}^2}$$

$$= \frac{52 \text{ KG}}{2.3104 \text{ M}^2}$$

$$= 22.506 \text{ KG/M}^2$$

$$= 22.506 \text{ KG/M}^2$$

$$\text{BMI} = 22.506 \text{ KG/M}^2$$

NORMAL BMI

# PERFORMANCE TASK

## EXERCISES





