

# Ymca Fitness Testing and Assessment Manual

Ratings for Women, Based on Age						
	18-25	26-35	36-45	46-55	56-65	65+
Excellent	52-81	58-80	51-84	63-91	60-92	70-92
Good	85-93	85-92	89-96	95-101	97-103	96-101
Above Average	96-102	95-101	100-104	104-110	106-111	104-111
Average	104-110	104-110	107-112	113-118	113-118	116-121
Below Average	113-120	113-119	115-120	120-124	119-127	123-126
Poor	122-131	122-129	124-132	126-132	129-135	128-133
Very Poor	135-169	134-171	137-169	137-171	141-174	135-155

  

Ratings for Men, Based on Age						
	18-25	26-35	36-45	46-55	56-65	65+
Excellent	50-76	51-76	49-76	56-82	60-77	59-81
Good	79-84	79-85	80-88	87-93	86-94	87-92
Above Average	88-93	88-94	92-88	95-101	97-100	94-102
Average	95-100	96-102	100-105	103-111	103-109	104-110
Below Average	102-107	104-110	108-113	113-119	111-117	114-118
Poor	111-119	114-121	116-124	121-126	119-128	121-126
Very Poor	124-157	126-161	130-163	131-159	131-154	130-151

YMCA Fitness Assessment Score Sheets (men & women forms) Analyst software; Instructions not included in YMCA Fitness Testing & Assessment Manual. Introduction - Health Screening - Standard Measurement - Body Composition. About the YMCA Fitness Testing and Assessment manual, an easy-to-use battery of test items to assess fitness. This manual is designed to help fitness staff learn to organize and administer the YMCA physical fitness test battery. It includes testing protocols, and chapters on. Ymca Fitness Testing and Assessment Manual by Lawrence A. Golding, September, Human Kinetics Publishers edition, Paperback in. This manual is designed to help fitness staff learn to organize and administer the YMCA physical fitness test battery. It includes testing protocols. COUPON: Rent YMCA Fitness Testing and Assessment Manual 4th edition () and save up to 80% on textbook rentals and 90% on used. Golding, L. () YMCA fitness testing and assessment manual, 4th Edition, Human Kinetics, Champaign. Buy Ymca Fitness Testing and Assessment Manual 4th edition () by Ymca for up to 90% off at radiantbehavior.com Ymca Fitness Testing and Assessment Manual by Ymca and a great selection of similar Used, New and Collectible Books available now at radiantbehavior.com 26 Jun - 8 sec Read Book Online Now radiantbehavior.com?book=Download Ymca Fitness. Conducting the YMCA Fitness Testing & Assessment Protocol DVD/Video provides a visual demonstration of the procedures and actions involved in. Source Adapted with permission from YMCA Fitness Testing and Assessment Manual from KIN at LSU. Home >> YMCA FITNESS TESTING & ASSESSMENT MANUAL. BE THE FIRST TO KNOW. Sign up for discounts & offers from the Official UCLA Store. We value . Golding LA () YMCA Fitness Testing and Assessment Manual. Champaign, Illinois: Human Kinetics, fourth edition. YMCA Fitness Testing and Assessment Manual. 1 like. Book. Keywords: Hypertension, Cardiovascular respiratory fitness, Korea. Go to: .. YMCA fitness testing and assessment manual. 4th ed.

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