Physical fitness tests. Current tests. Basic medical group

Types of test	Sex Standarts,mark,score						
		5/5;8	4/4;6	3/3	2/0		
	Theme: St	trength qualit	ies				
Test №1							
Raising straight legs to an angle of	M	45	35	30	25		
90° from the supine position (amount of	F	35	25	20	15		
repeating)							
Test№2							
Squats on both legs (amount of	M	60	50	40	30		
repeating)	F	50	40	30	20		
Test №3							
Jump up (cm)	M	45	40	35	30		
	F	40	35	30	25		
Test №4							
Flexing and lifting of the torso from	M	50	45	40	35		
the supine position on the hips on	F	45	40	35	30		
gymnastic bench, hands are behind of							
the head, legs are fixed (amount of							
repeating)							
Test №5							
Flexion and extension of the hands	M	40	35	30	25		
emphasis lying on the ground	F	16	11	8	6		
(amount of repeating)							
T	heme: Ge	eneral endura	nce				
Test №6							
Cooper's test-12 minute run(km)	M	2,8	2,5	2,0	1,6		
	F	2,6	2,1	1,8	1,5		
Test №7							
Harvard step-test IHST by short form							
formula:	M	90	80	65	55		
t × 100	F	80	65	55	35		
$IHST = \overline{PR \times 5, 5}$							
t-performing test in sec.,							
PR-pulse for the first 30 seconds of							
the second minute of restitution, after							
a 5-minute ascent.							
	Гheme: Sp	pecial endura	nce				
Test №8			4	4	.		
3000m run (min,s)	M	12,15	13,20	14,30	15,40		
2000m run(min,s)	F	10,30	11,20	12,10	13,00		
Test №9	3.6	120	440	00	-		
Skipping rope exercise (number of	M	130	110	90	70 70		
hops for 1 minute)	F	110	90	70	50		
Тест №10	3.6	40	20	25	20		
From position of pressure-crouched	M	40	30	25	20		
take position of pressure-prone (amount	F	35	25	20	15		
of repeating by 1 minute)	ress.						
TD 4 30.44	The	me: Speed					
Test №11	3.4	4.5	40	25	20		
Skipping rope exercise (number of	M	45	40	35	30		

1 0 15 1	Г	10	25	20	25						
hops for 15 seconds)	F	40	35	30	25						
Test №12											
Dribbling of basketball ball for 10m	M	2,0	2,5	3,0	3,5						
(sec).	F	2,5	3,0	3,5	4,0						
Test №13											
Command runtime "left turn", "right	M	1,5	2,0	2,5	3,0						
turn", ":turn around"(sec).	F	2,0	2,5	3,0	3,5						
Test №14		2,0	2,5	2,0	3,0						
Running on the place rising knees to	M	30	25	20	15						
an angle of 90° during 5 sec. (number of	F	25	20	15	10						
	1'	2.5	20	13	10						
steps).											
Test №15	3.6	10.5	140	146	15.0						
100 meters race	M	13,5	14,0	14,6	15,2						
	F	16,0	16,4	17,3	18,0						
	Ther	ne: Agility	1								
Тест №16											
Strike the ball in a target of 10	M	6	5	4	3						
attempts (amount of hits)	F	5	4	3	2						
Test №17											
Sitting on the ground throw the ball up,	M	3,5	4,0	4,5	5,0						
stand up and catch it, then throw it u once	F	4,0	4,5	5,0	5,5						
again, sit and catch it (sec).	1	1,0	1,5	3,0	3,3						
Test №18											
	M	0.2	0.7	10.2	10.7						
Shuttle run 4 x 9 m (sec).	M	9,2	9,7	10,2	10,7						
	F	10,5	11,1	11,5	12,0						
Test №19											
Get the ball in a basket of 10 attempts	M	10	8	6	4						
(amount of hits).	F	8	6	4	3						
Тест №20											
Take the ball for tennis to the left hand											
behind the spine move it to the right.	M	3,0	3,5	4,0	4,5						
Raise the bent left leg, move the ball		,	ŕ	·	ŕ						
below the knee, take it in your left hand,											
lift the right leg bent, move the ball under	F	3,5	4,0	4,5	5,0						
the knee and take it to the right hand,	•	3,5	.,0	1,5	2,0						
throw in a hoop on the floor from 10											
meters distance(sec).											
Test №21											
Take the ball for tennis up with your right	3.6	2.5	4.0	4.5	~ o						
hand under your bent and raised right hip,	M	3,5	4,0	4,5	5,0						
throw it out from under your knee as high											
as possible above the head, turn to 360°	F	4,0	4,5	5,0	5,5						
and catch. Do the same for your left hand											
under the left knee											
(sec).											
	Themo	e: Flexibility		•							
Test №22											
Bend the arms behind your back with one	M	Palms are	Fingers	Distance	Distance						
hand on the top position, the second under	F	touching	are	between	between						
	1'	_									
it. Exercise is being performed in both		each other	touching	fingers are	fingers are						
ways. Write down the best result.			each other	to 3 cm	to 5 cm						
Test №23											
Standing on the floor, tilt your trunk	M	Palms are	Fists are	Fingers are	Distance						
forward, legs are straight.	F	lying on	touching	touching the	from the						

		the ground	the	ground	ground is 3
			ground		cm
Test№24					
Bend your trunk forward, standing on	M	20	15	0	-5
the gymnastic bench(cm)	F	30	20	0	-5
Test №25					
From the starting position arms with the					
measuring tape to the bottom, do with	M	To 85	To 95	To 120	More than
straight arms a circular motion to the	F				120
back at joints. Measure the distance					
between bones.					
Test №26					
Standing with the back to the wall at a					
short distance (30sm) feet together, tilt to					
the side(measure the distance from the	M	More than	More than	More than	Less than
finger tips to he ground. Do the same	F	28	22	18	18
exercise for both sides). General					
index(cm) is defined as a sum of two					
measurements, divided by two.					

7.2. Physical fitness tests. Current tests. <u>Preparatory medical group.</u>

Types of test	Sex Standarts,mark,score				
		5/5;8	4/4;6	3/3	2/0
r	Theme: St	trength quali	ties	•	
Test №1					
Raising straight legs to an angle of	M	35	30	25	20
90° from the supine position (amount of	F	25	20	15	10
repeating)					
Test.№2					
Squats on both legs (amount of	M	50	40	30	25
repeating)	F	40	30	20	15
Test №3					
Flexing and lifting of the torso from	M	40	35	30	25
the supine position on the hips on	F	35	30	25	20
gymnastic bench, hands are behind of					
the head, legs are fixed (amount of					
repeating)					
Test №4					
Flexion and extension of the hands	M	35	30	25	20
emphasis lying on the ground	F	11	8	6	4
(amount of repeating)					
Test №5					
Jump up(cm).	M	40	35	30	25
	F	35	30	25	20
Т	heme: Ge	eneral endura	ance		
Test №6					
Harvard step-test IHST by short form	M	80	65	55	35
formula:	F	65	55	35	20

t × 100					
$IHST = \frac{100}{PR \times 5.5}$					
·					
t-performing test in sec.,					
PR-pulse for the first 30 seconds of the second minute of restitution, after					
a 5-minute ascent.					
Test №7					
Cooper's test-12 minute run (km)	M	2,5	2,0	1,6	1,2
Cooper's test-12 minute run (km)	IVI	2,3	2,0	1,0	1,2
	F	2,1	1,8	1,5	1,1
	1	2,1	1,0	1,5	1,1
T	heme: Sp	ecial endura	nce		
Test №8					
3000m run (min,s)	M	13,20	14,30	15,40	16,50
2000m run(min,s)	F	11,20	12,10	13,00	14,20
Test No 9	M	110	90	70	60
Skipping rope exercise (number of hops for 1 minute)	F	90	90 70	70 50	40
Tect №10		90	70	30	40
From position of pressure-crouched	M	30	25	20	15
take position of pressure-crouched	F	25	20	15	10
of repeating by 1 minute)	1	23	20	13	10
of repeating by 1 minute)	The	me: Speed			
Test №11	1110	peca			
Skipping rope exercise(number of	M	40	35	30	25
hops for 15 seconds)	F	35	30	25	20
Test №12					
Dribbling of basketball ball for 10m	M	2,5	3,0	3,5	4,0
(sec).	F	3,0	3,5	4,0	4,5
Test №13					
Command runtime "left turn", "right	M	2,0	2,5	3,0	3,5
turn", ":turn around" (sec).	F	2,5	3,0	3,5	4,0
Test №14					
Running on the place rising knees to	M	25	20	15	12
an angle of 90° during 5 sec. (number of	F	20	15	10	18
steps).					
Test №15	3.4	140	146	15.0	15 0
100 meters race	M	14,0	14,6	15,2	15,8
	F	16,4	17,3	18,0	18,7
Тест №16	Ther	ne: Agility			
Strike the ball in a target of 10	M	5	4	3	2
attempts (amount of hits)	F	4	3	2	1
Test №17	1	<u> </u>	3	<u>~</u>	1
Sitting on the ground throw the ball up,	M	4,0	4,5	4,0	5,5
stand up and catch it, then throw it u once	F	4,5	4,0	5,5	6,0
again, sit and catch it (sec).	1	1,5	1,0	5,5	0,0
Test №18					
Shuttle run 4 x 9 m (sec).	M	9,7	10,2	10,7	11,2
(500).	F	11,1	11,5	12,0	12,5
Test №19		,	,	,	,
Get the ball in a basket of 10 attempts	M	8	6	4	3
F		ı			

(amount of hits).	F	6	4	3	2
Тест №20					
Take the ball for tennis to the left hand					
behind the spine move it to the right.	M	3,5	4,0	4,5	5,0
Raise the bent left leg, move the ball					
below the knee, take it in your left hand,					
lift the right leg bent, move the ball under	F	4,0	4,5	5,0	5,5
the knee and take it to the right hand,					
throw in a hoop on the floor from 10					
meters distance (sec).					
Test №21					
Take the ball for tennis up with your right					
hand under your bent and raised right hip,	M	4,0	4,5	5,0	5,5
throw it out from under your knee as high					
as possible above the head, turn to 360°	F	4,5	5,0	5,5	6,0
and catch. Do the same for your left hand					
under the left knee.(sec).					
	Them	e: Flexibility	T		
Test №22					
Bend the arms behind your back with one	M	Fingers are	Fingers	Distance	Distance
hand on the top position, the second under	F	touching	are	between	between
it. Exercise is being performed in both		each other	touching	fingers are	fingers are
ways. Write down the best result.			each other	to 5 cm	to 7cm
T			to 3cm		
Test №23	3.4	D 1	Г	г.	D' 4
Standing on the floor, tilt your trunk	M F	Palms are	Fists are	Fingers are	Distance
forward, legs are straight.	Г	lying on	touching	touching the	from the
		the ground	the	ground to 3cm	ground is 5
Test.№24			ground	SCIII	cm
Bend your trunk forward, standing on	M	15	10	0	-5
the gymnastic bench(cm)	F	20	15	0	-5
Test №25	1	20	13	U	3
From the starting position of the arms					
with the measuring tape to the bottom,	M	To 95	To 120	To 130	More than
do with straight arms a circular motion	F	10,55	10 120	10 120	130
to the back at joints. Measure the	-				100
distance between wrists.					
Test №26					
Standing with the back to the wall at a					
short distance (30sm) feet together, tilt to					
the side(measure the distance from the	M	More than	More than	More than	Less than
finger tips to he ground. Do the same	F	22	18	14	14
exercise for both sides).General index(cm)					
is defined as a sum of two measurements,					
divided by two.					
finger tips to he ground. Do the same exercise for both sides). General index(cm) is defined as a sum of two measurements,					

7.3. Physical fitness tests. Current tests. Special medical group.

Types of test	Sex	Standarts,mark,score				
		5/5;8	4/4;6	3/3	2/0	

	Theme: S	trength quali	ties		
Test №1					
Raising straight legs to an angle of	M	30	25	20	15
90° from the supine position (amount of	F	20	15	10	5
repeating).					
Test№2					
Squats on both legs (amount of	M	40	30	25	20
repeating)	F	30	20	15	10
Test №3					
Jump up (cm)	M	45	40	35	30
	F	40	35	30	25
Test №4					
Flexing and lifting of the torso from	M	40	35	30	25
the supine position on the hips on	F	35	30	25	20
gymnastic bench, hands are behind of					
the head, legs are fixed (amount of					
repeating).					
Test №5					
Flexion and extension of the hands	M	30	25	20	15
emphasis lying on the ground	F	8	6	4	3
(amount of repeating)					
	heme: Go	eneral endura	ince		
Test №6					
Cooper's test-12 minute run (km)	M	2,0	1,6	1,2	1,0
cooper a wat 12 minute 1 min (min)	F	1,8	1,5	1,1	0,9
Test №7		,-	,-	7	
(P1 + P2 + P3) - 200					
Index Ruf'ye	M	0,29	3,0-5,9	6,0-7,9	Higher 8,0
P1-output pulse	F	0,29	3,0-5,9	6,0-7,9	Higher 8,0
P2-pulse after loading		,	, ,	, ,	
P3-pulse at the end of a first minute					
renewal (30 squats in 45sec.)					
ľ	Theme: Sp	oecial endura	nce		
Test №8					
3000m run (min,s)	M	14,30	15,40	16,50	18,00
2000m run(min,s)	F	12,10	13,00	14,20	17,00
Test №9					
Skipping rope exercise (number of	M	90	70	60	50
hops for 1 minute)	F	70	50	40	30
Тест №10					
From position of pressure-crouched	M	30	25	20	15
take position of pressure-prone (amount	F	25	20	15	10
of repeating by 1 minute)					
	The	me: Speed			
Test №11		•			
Skipping rope exercise (number of	M	35	30	25	20
hops for 15 seconds)	F	30	25	20	15
Test №12			-	-	-
Dribbling of basketball ball for 10m	M	3,0	3,5	4,0	4,5
(sec).	F	3,5	4,0	4,5	5,0
Test №13		2,2	.,.	.,.	,,,,
Command runtime "left turn", "right	M	2,5	3,0	3,5	4,0
turn", ":turn around" (sec).	F	3,0	3,5	4,0	4,5
, ,	-		5,5	1,0	1,5

		T	1		T
Test №14	3.4	20	1.5	10	10
Running on the place rising knees to	M F	20 15	15 10	12 8	10
an angle of 90° during 5 sec. (number of steps).	Г	15	10	8	0
Test №15					
100 meters race	M	14,6	15,0	15,8	16,2
100 Meters ruce	F	17,3	18,0	18,7	20,1
	Ther	ne: Agility			
Тест №16					
Strike the ball in a target of 10	M	4	3	2	1
attempts (amount of hits)	F	3	2	1	0
Test №17					
Sitting on the ground throw the ball up,	M	4,5	5,0	5,5	6,0
stand up and catch it, then throw it once	F	5,0	5,5	6,0	6,5
again, sit and catch it (sec).					
Test №18					
Shuttle run 4 x 9 m (sec).	M	10,2	10,7	11,2	12,5
	F	11,5	12,0	12,5	13,7
Test №19	3.6			2	
Get the ball in a basket of 10 attempts	M	6	4	3	2
(amount of hits).	F	4	3	2	1
Tect №20 Take the ball for tennis to the left hand					
behind the spine move it to the right.	M	4,0	4,5	5,0	5,5
Raise the bent left leg, move the ball	1V1	4,0	4,3	3,0	3,3
below the knee, take it in your left hand,					
lift the right leg bent, move the ball under	F	4,5	5,0	5,5	6,0
the knee and take it to the right hand,	•	.,5	2,0	2,2	0,0
throw in a hoop on the floor from 10					
meters distance (sec).					
Test №21					
Take the ball for tennis up with your right					
hand under your bent and raised right hip,	M	4,5	5,0	5,5	6,0
throw it out from under your knee as high					
as possible above the head, turn to 360°	F	5,0	5,5	6,0	6,5
and catch. Do the same for your left hand					
under the left knee. (sec).					
TD 4 20.00	Them	e: Flexibility	1		T
Test №22	N //	Distant	Distance	Distant -	Distant
Bend the arms behind your back with one	M	Distance	Distance	Distance	Distance
hand on the top position, the second under it. Exercise is being performed in both	F	between fingers are	between	between fingers are	between fingers are
ways. Write down the best result.		to 3 cm	fingers are to 5cm	to 7 cm	to 9 cm
Test №23		to 5 cm	are to Jeiii	to / CIII	to / CIII
Standing on the floor, tilt your trunk	M	Palms are	Distance	Distance	Distance
forward, legs are straight.	F	lying on	from the	from the	from the
101. ma, 1050 are brangin	•	the ground	ground is	ground is	ground is 7
		8-2 mu	3cm	5cm	cm
Test№24					
Bend your trunk forward, standing on	M	10	5	0	-5
the gymnastic bench (cm).	F	15	10	0	-5
Test №25					
From the starting position of arms with					
the measuring tape to the bottom, do	M	To 120	To 130	To 140	More than

with straight arms a circular motion to	F				140
the back at joints. Measure the distance					
between wrists.					
Test №26					
Standing with the back to the wall at a					
short distance (30sm) feet together, tilt to					
the side (measure the distance from the	M	More than	More than	More than	Less than
finger tips to the ground. Do the same	F	18	14	10	10
exercise for both sides). General index					
(cm) is defined as a sum of two					
measurements, divided by two.					