

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: Strength qualities					
Test №1 Raising straight legs to an angle of 90° from the supine position (amount of repeating)	M F	45 35	35 25	30 20	25 15
Test№2 Squats on both legs (amount of repeating)	M F	60 50	50 40	40 30	30 20
Test №3 Jump up (cm)	M F	45 40	40 35	35 30	30 25
Test №4 Flexing and lifting of the torso from the supine position on the hips on gymnastic bench, hands are behind of the head, legs are fixed (amount of repeating)	M F	50 45	45 40	40 35	35 30
Test №5 Flexion and extension of the hands emphasis lying on the ground (amount of repeating)	M F	40 16	35 11	30 8	25 6
Theme: General endurance					
Test №6 Cooper's test-12 minute run(km)	M F	2,8 2,6	2,5 2,1	2,0 1,8	1,6 1,5
Test №7 Harvard step-test IHST by short form formula: $\text{IHST} = \frac{t \times 100}{\text{PR} \times 5,5}$ t-performing test in sec., PR-pulse for the first 30 seconds of the second minute of restitution, after a 5-minute ascent.	M F	90 80	80 65	65 55	55 35
Theme: Special endurance					
Test №8 3000m run (min,s) 2000m run(min,s)	M F	12,15 10,30	13,20 11,20	14,30 12,10	15,40 13,00
Test №9 Skipping rope exercise (number of hops for 1 minute)	M F	130 110	110 90	90 70	70 50
Тест №10 From position of pressure-crouched take position of pressure-prone (amount of repeating by 1 minute)	M F	40 35	30 25	25 20	20 15
Theme: Speed					
Test №11 Skipping rope exercise (number of	M	45	40	35	30

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

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

**7.2. Physical fitness tests. Current tests.
Preparatory medical group.**

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

$\frac{t \times 100}{IHST = PR \times 5,5}$ <p>t-performing test in sec., PR-pulse for the first 30 seconds of the second minute of restitution, after a 5-minute ascent.</p>					
Test №7					
Cooper's test-12 minute run (km)	M	2,5	2,0	1,6	1,2
	F	2,1	1,8	1,5	1,1
Theme: Special endurance					
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 №9					
Skipping rope exercise (number of hops for 1 minute)	M	110	90	70	60
	F	90	70	50	40
Test №10					
From position of pressure-crouched take position of pressure-prone (amount of repeating by 1 minute)	M	30	25	20	15
	F	25	20	15	10
Theme: Speed					
Test №11					
Skipping rope exercise(number of hops for 15 seconds)	M	40	35	30	25
	F	35	30	25	20
Test №12					
Dribbling of basketball ball for 10m (sec).	M	2,5	3,0	3,5	4,0
	F	3,0	3,5	4,0	4,5
Test №13					
Command runtime "left turn", "right turn", "turn around" (sec).	M	2,0	2,5	3,0	3,5
	F	2,5	3,0	3,5	4,0
Test №14					
Running on the place rising knees to an angle of 90° during 5 sec. (number of steps).	M	25	20	15	12
	F	20	15	10	18
Test №15					
100 meters race	M	14,0	14,6	15,2	15,8
	F	16,4	17,3	18,0	18,7
Theme: Agility					
Test №16					
Strike the ball in a target of 10 attempts (amount of hits)	M	5	4	3	2
	F	4	3	2	1
Test №17					
Sitting on the ground throw the ball up, stand up and catch it, then throw it u once again, sit and catch it (sec).	M	4,0	4,5	4,0	5,5
	F	4,5	4,0	5,5	6,0
Test №18					
Shuttle run 4 x 9 m (sec).	M	9,7	10,2	10,7	11,2
	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

(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. 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 the knee and take it to the right hand, throw in a hoop on the floor from 10 meters distance (sec).	M F	3,5 4,0	4,0 4,5	4,5 5,0	5,0 5,5
Test №21 Take the ball for tennis up with your right hand under your bent and raised right hip, throw it out from under your knee as high as possible above the head, turn to 360° and catch. Do the same for your left hand under the left knee.(sec).	M F	4,0 4,5	4,5 5,0	5,0 5,5	5,5 6,0
Theme: Flexibility					
Test №22 Bend the arms behind your back with one hand on the top position, the second under it. Exercise is being performed in both ways. Write down the best result.	M F	Fingers are touching each other	Fingers are touching each other to 3cm	Distance between fingers are to 5 cm	Distance between fingers are to 7cm
Test №23 Standing on the floor, tilt your trunk forward, legs are straight.	M F	Palms are lying on the ground	Fists are touching the ground	Fingers are touching the ground to 3cm	Distance from the ground is 5 cm
Test №24 Bend your trunk forward, standing on the gymnastic bench(cm)	M F	15 20	10 15	0 0	-5 -5
Test №25 From the starting position of the arms with the measuring tape to the bottom, do with straight arms a circular motion to the back at joints. Measure the distance between wrists.	M F	To 95	To 120	To 130	More than 130
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 finger tips to he ground. Do the same exercise for both sides).General index(cm) is defined as a sum of two measurements, divided by two.	M F	More than 22	More than 18	More than 14	Less than 14

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

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

Test №14 Running on the place rising knees to an angle of 90° during 5 sec. (number of steps).	M F	20 15	15 10	12 8	10 6
Test №15 100 meters race	M F	14,6 17,3	15,0 18,0	15,8 18,7	16,2 20,1
Theme: Agility					
Test №16 Strike the ball in a target of 10 attempts (amount of hits)	M F	4 3	3 2	2 1	1 0
Test №17 Sitting on the ground throw the ball up, stand up and catch it, then throw it once again, sit and catch it (sec).	M F	4,5 5,0	5,0 5,5	5,5 6,0	6,0 6,5
Test №18 Shuttle run 4 x 9 m (sec).	M F	10,2 11,5	10,7 12,0	11,2 12,5	12,5 13,7
Test №19 Get the ball in a basket of 10 attempts (amount of hits).	M F	6 4	4 3	3 2	2 1
Test №20 Take the ball for tennis to the left hand behind the spine move it to the right. 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 the knee and take it to the right hand, throw in a hoop on the floor from 10 meters distance (sec).	M F	4,0 4,5	4,5 5,0	5,0 5,5	5,5 6,0
Test №21 Take the ball for tennis up with your right hand under your bent and raised right hip, throw it out from under your knee as high as possible above the head, turn to 360° and catch. Do the same for your left hand under the left knee. (sec).	M F	4,5 5,0	5,0 5,5	5,5 6,0	6,0 6,5
Theme: Flexibility					
Test №22 Bend the arms behind your back with one hand on the top position, the second under it. Exercise is being performed in both ways. Write down the best result.	M F	Distance between fingers are to 3 cm	Distance between fingers are to 5cm	Distance between fingers are to 7 cm	Distance between fingers are to 9 cm
Test №23 Standing on the floor, tilt your trunk forward, legs are straight.	M F	Palms are lying on the ground	Distance from the ground is 3cm	Distance from the ground is 5cm	Distance from the ground is 7 cm
Test №24 Bend your trunk forward, standing on the gymnastic bench (cm).	M F	10 15	5 10	0 0	-5 -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 the back at joints. Measure the distance between wrists.	F				140
<p style="text-align: center;">Test №26</p> <p>Standing with the back to the wall at a short distance (30sm) feet together, tilt to the side (measure the distance from the finger tips to the ground. Do the same exercise for both sides).General index (cm) is defined as a sum of two measurements, divided by two.</p>	M F	More than 18	More than 14	More than 10	Less than 10