

*Mountain View-Los
Altos Union High*

2017 Physical Fitness Test

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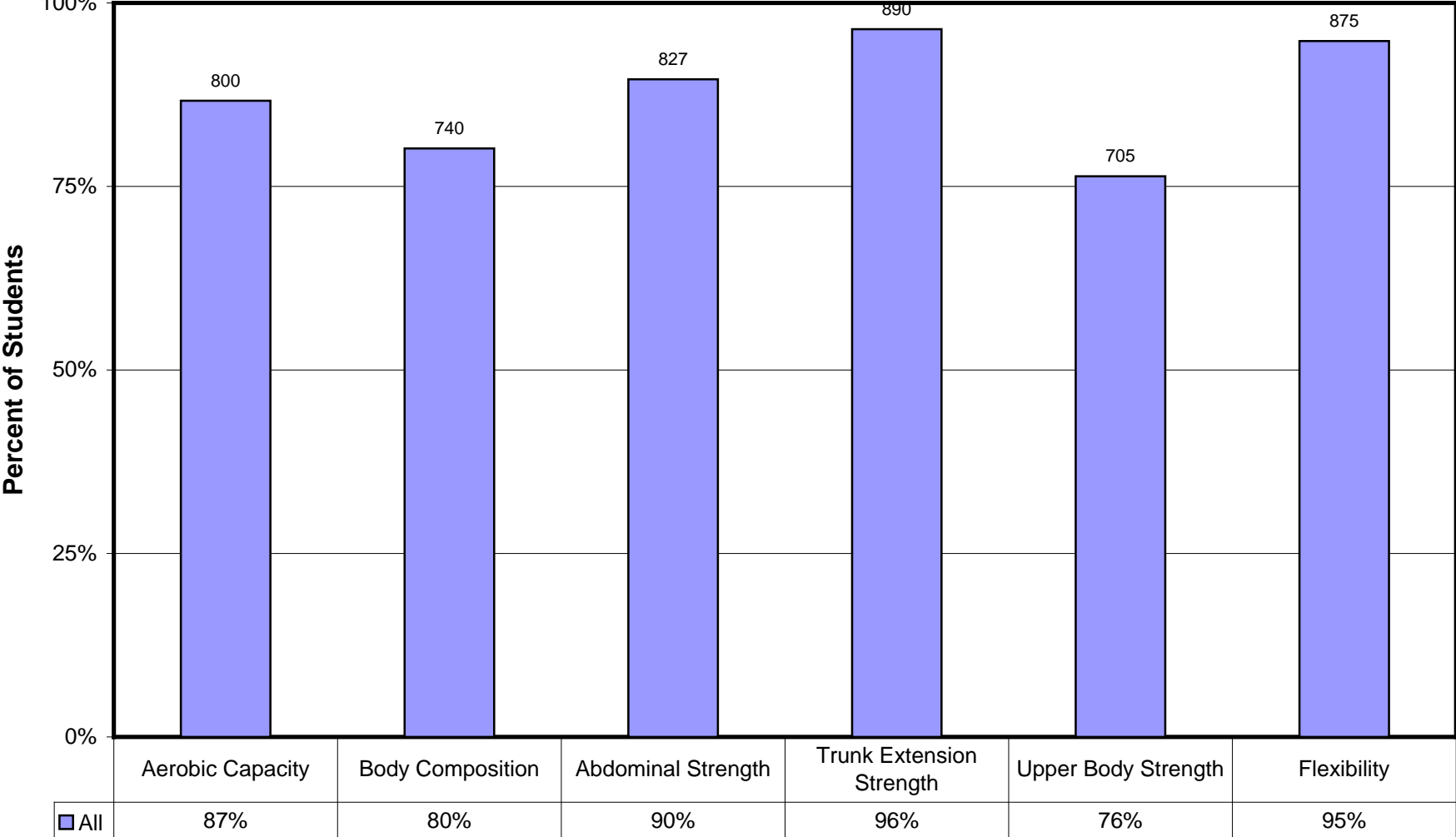
- Standards Performance
- Number of Fitness Standards Achieved
- Results for Multiple Option Tests
 - -Aerobic Capacity
 - -Body Composition
 - -Upper Body Strength
 - -Flexibility

Standards Performance

- Displays the percentages of students "within" or "exceeding" the HFZ for each of the six tests.

Standards Performance-Overall

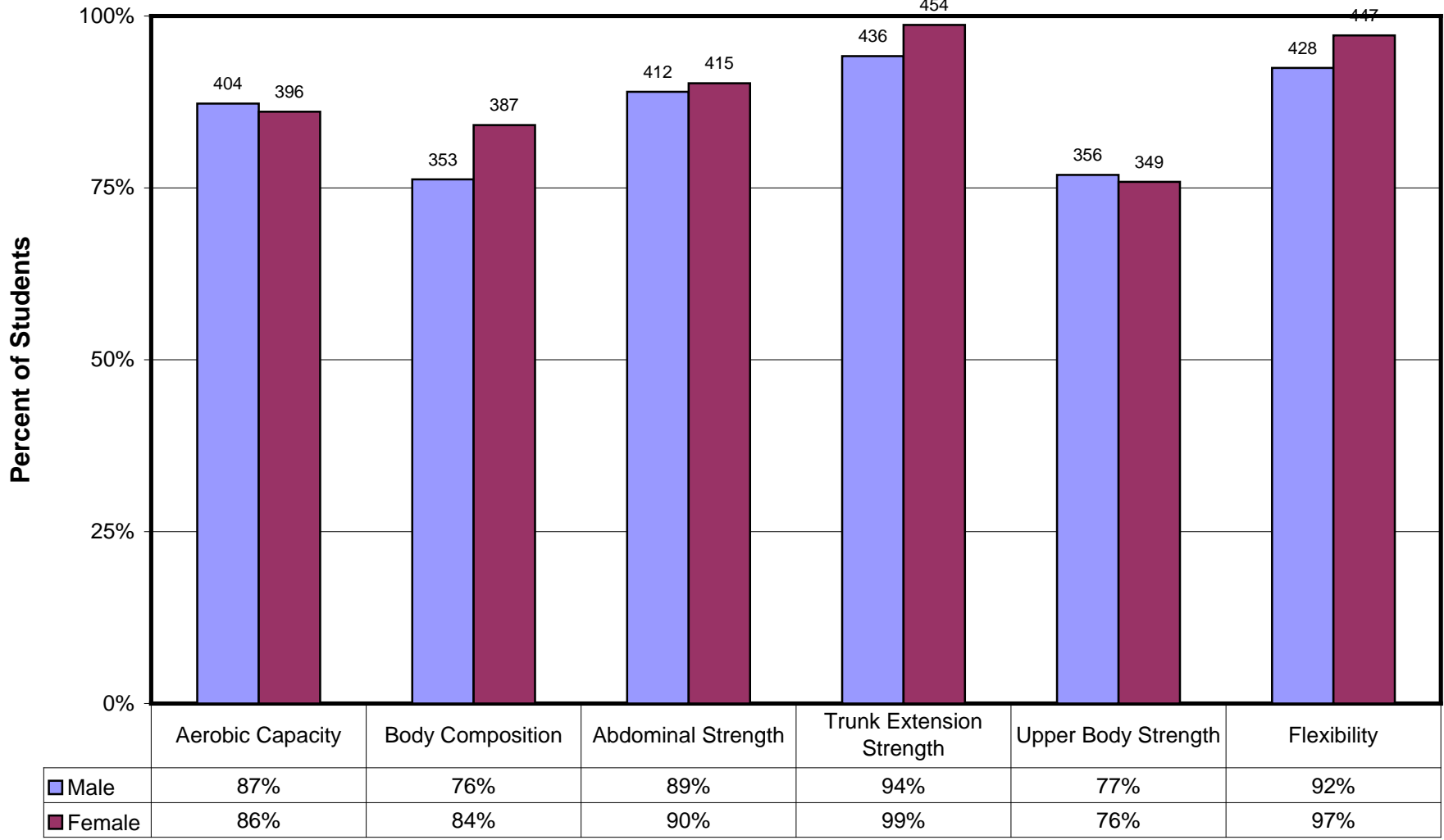
Bar Number = Number of students



Fitness Tasks

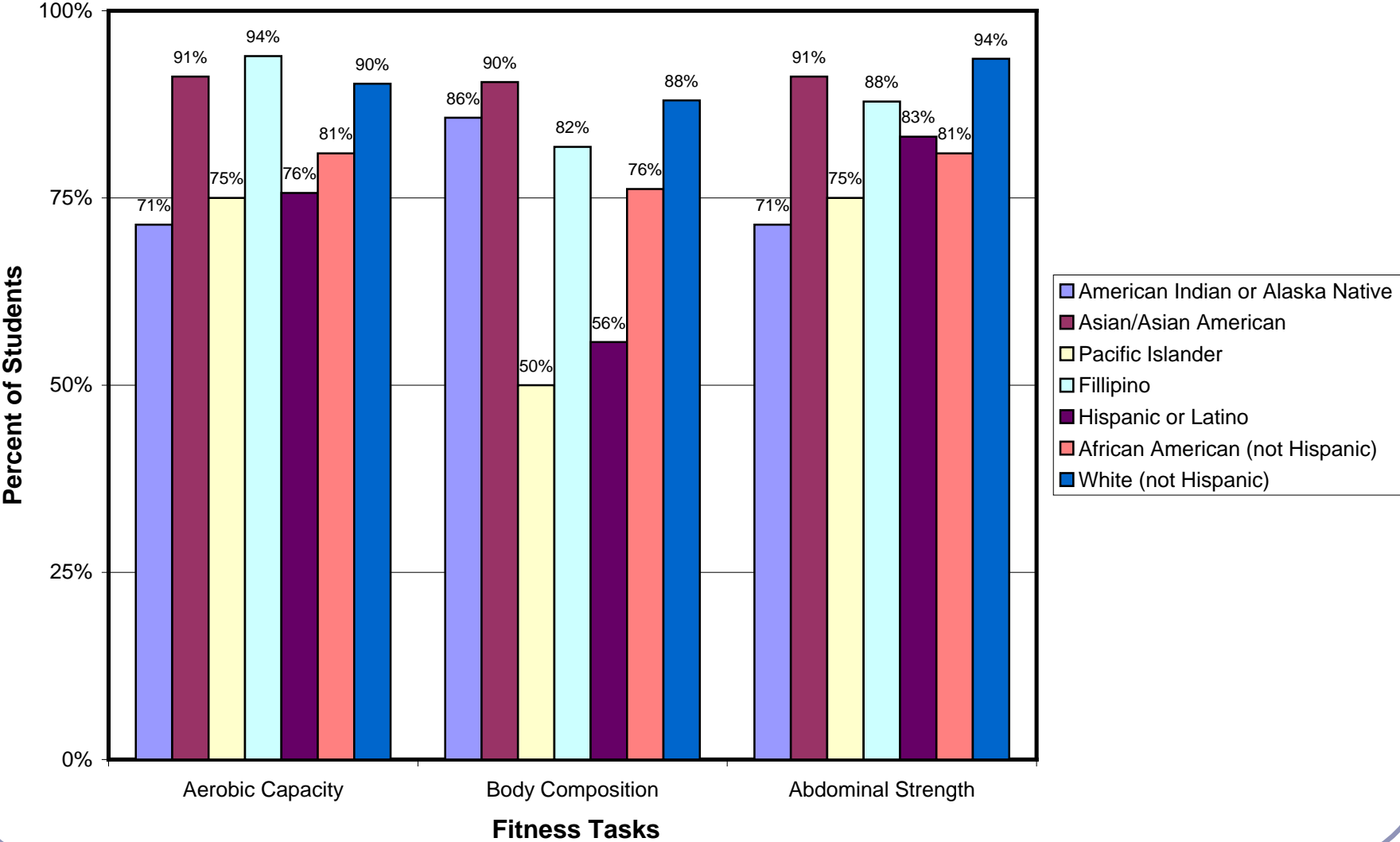
Standards Performance-by Gender

Bar Number = Number of students

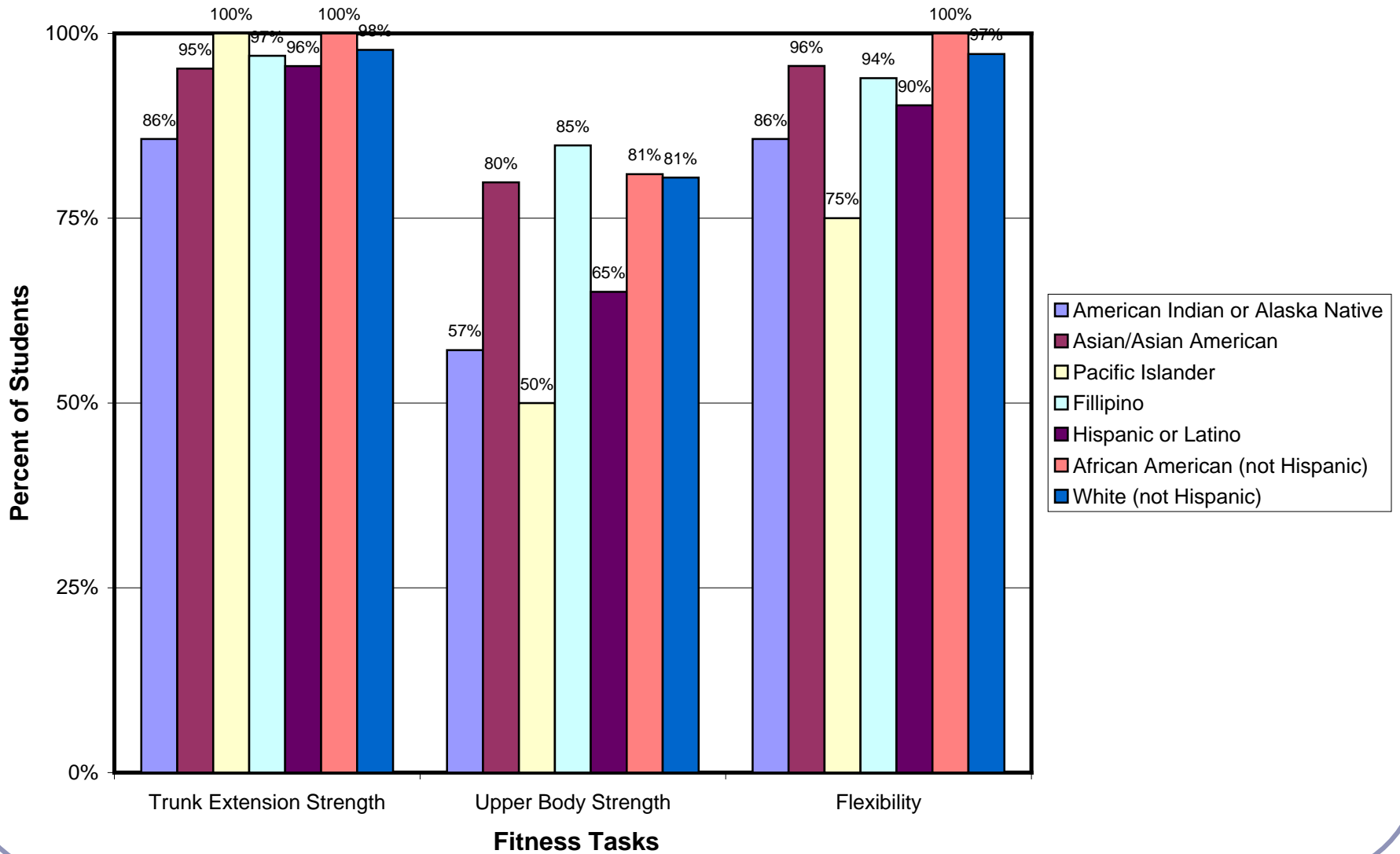


Fitness Tasks

Standards Performance-by Ethnicity/Race (1/2)



Standards Performance-by Ethnicity/Race (2/2)

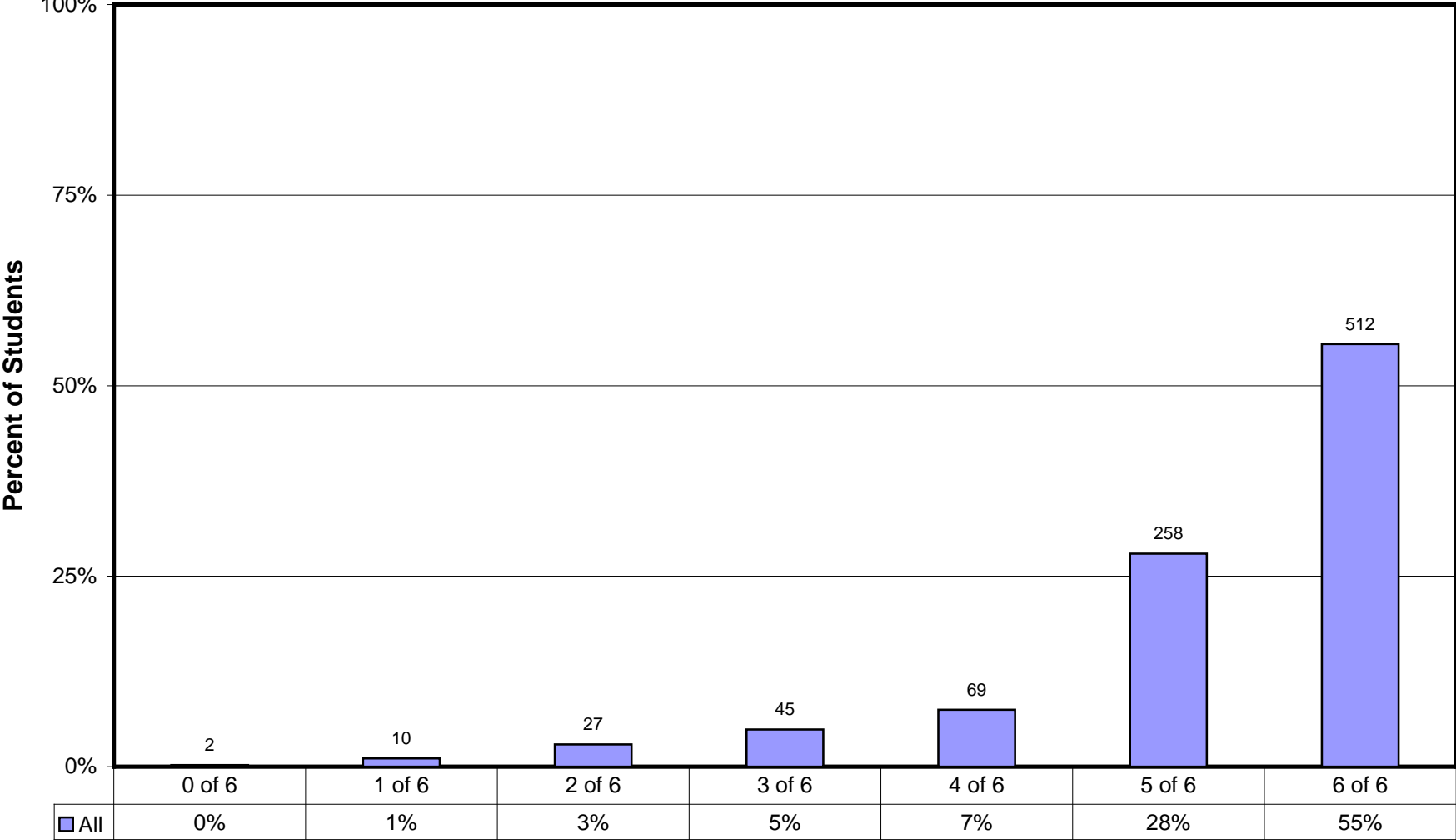


Number of Fitness Standards Achieved

- Displays the percentages of numbers of standards met

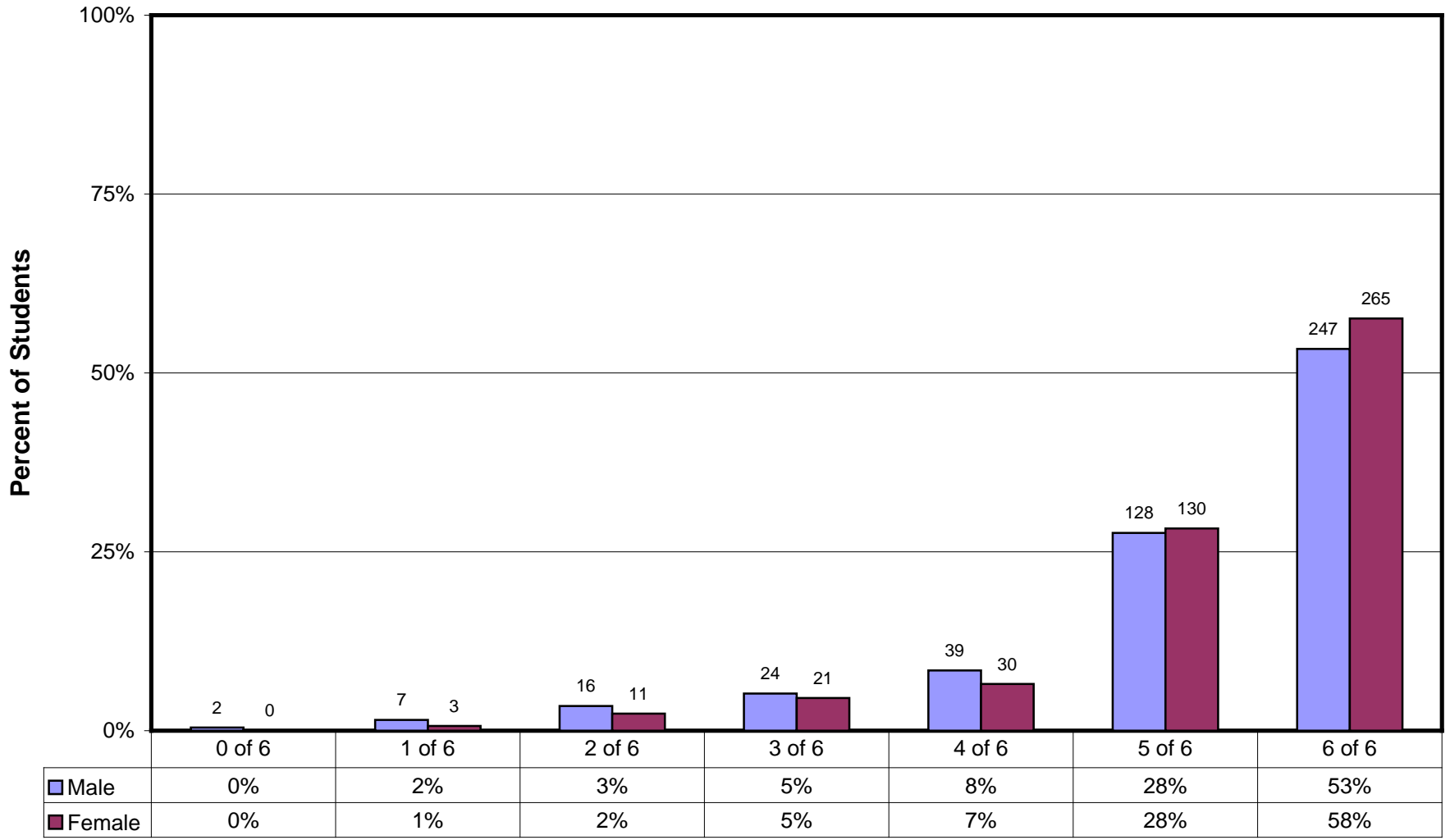
Number of Fitness Standards Achieved-Overall

Bar Number = Number of students



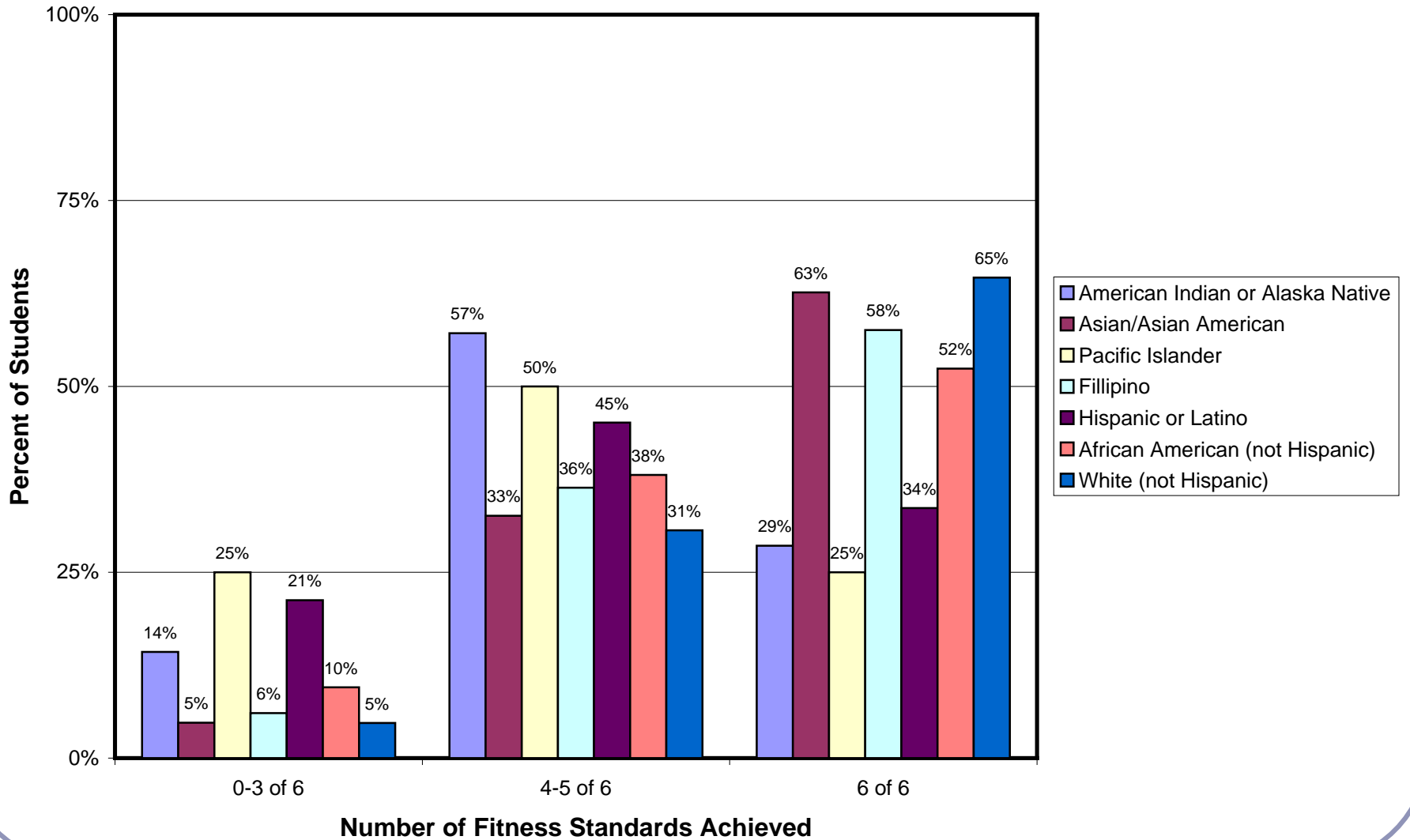
Number of Fitness Standards Achieved-by Gender

Bar Number = Number of students



Number of Fitness Standards Achieved

Number of Fitness Standards Achieved-by Ethnicity/Race

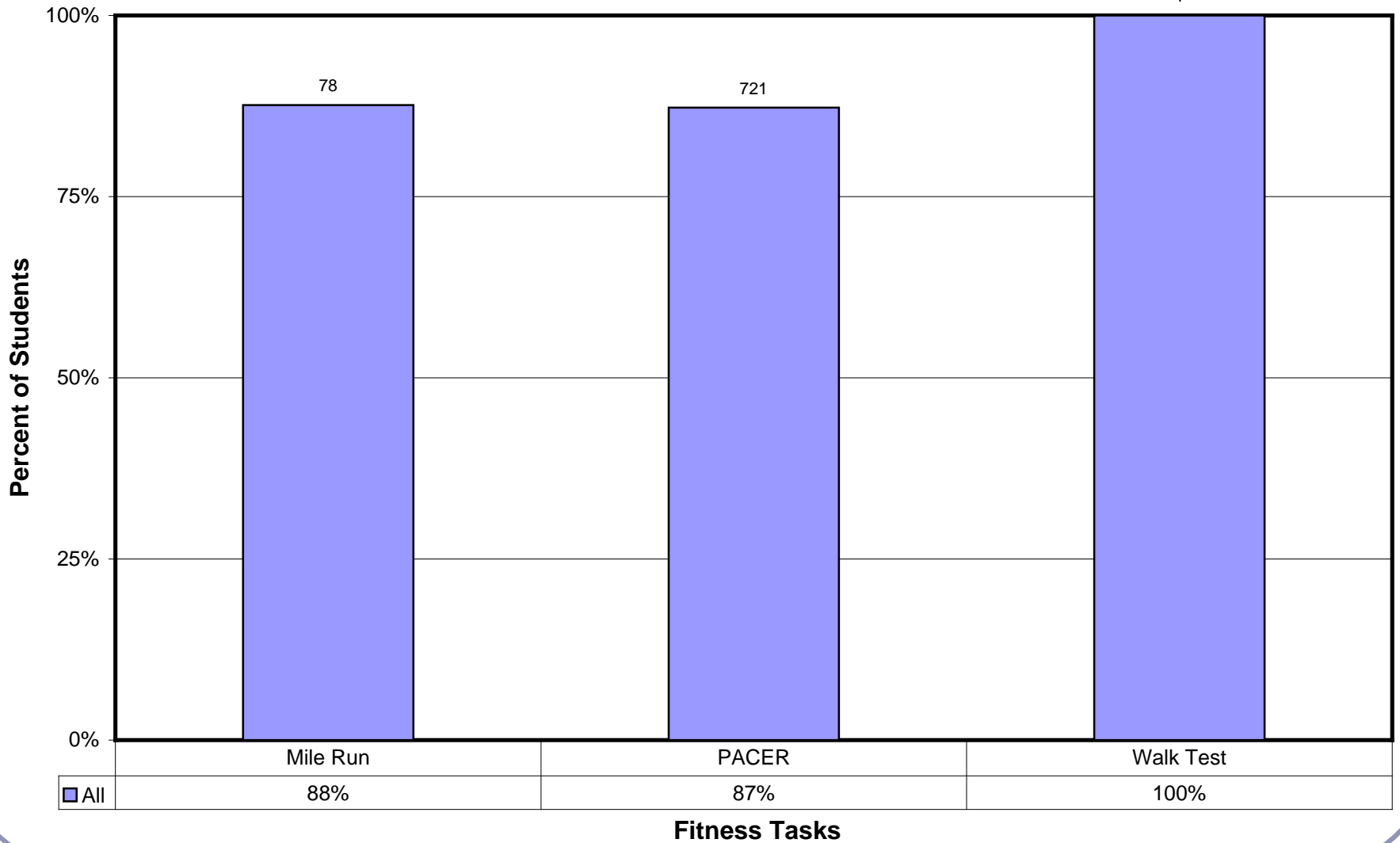


Results for Multiple Option Tests: Aerobic Capacity

- Mile Run
- PACER
- Walk Test

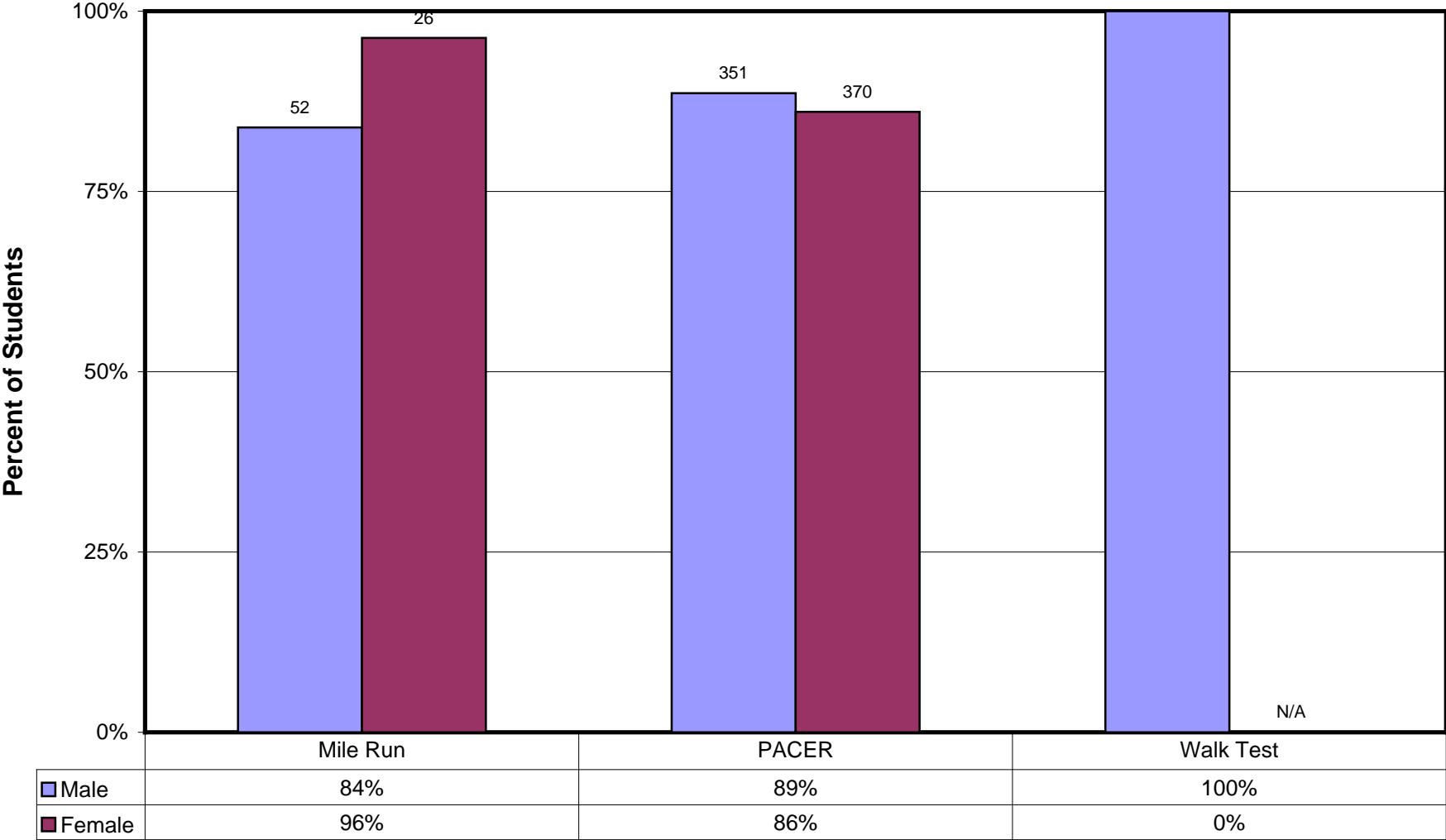
Aerobic Capacity Performance-Overall

Bar Number = Number of students



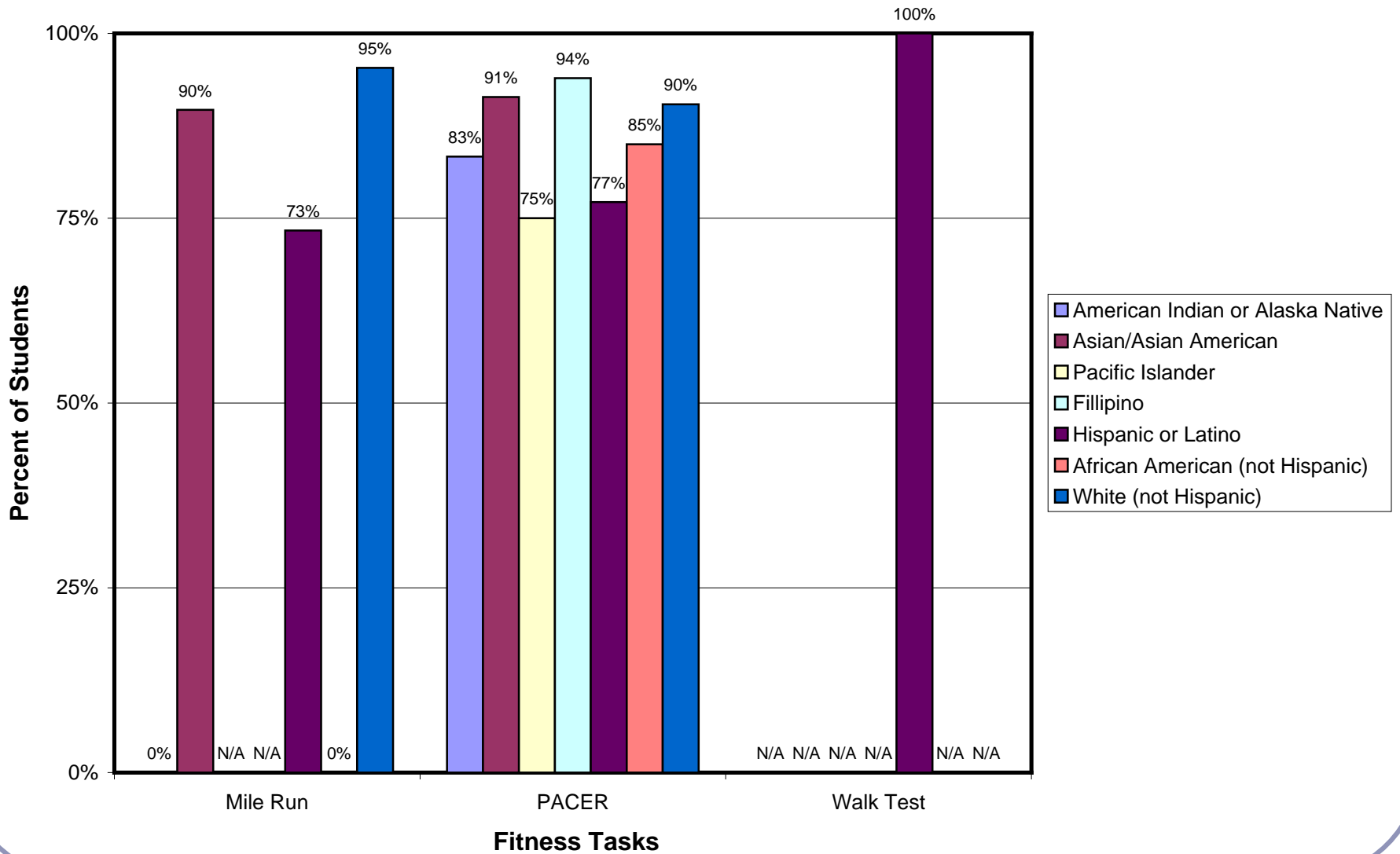
Aerobic Capacity Performance-by Gender

Bar Number = Number of students



Fitness Tasks

Aerobic Capacity Performance-by Ethnicity/Race

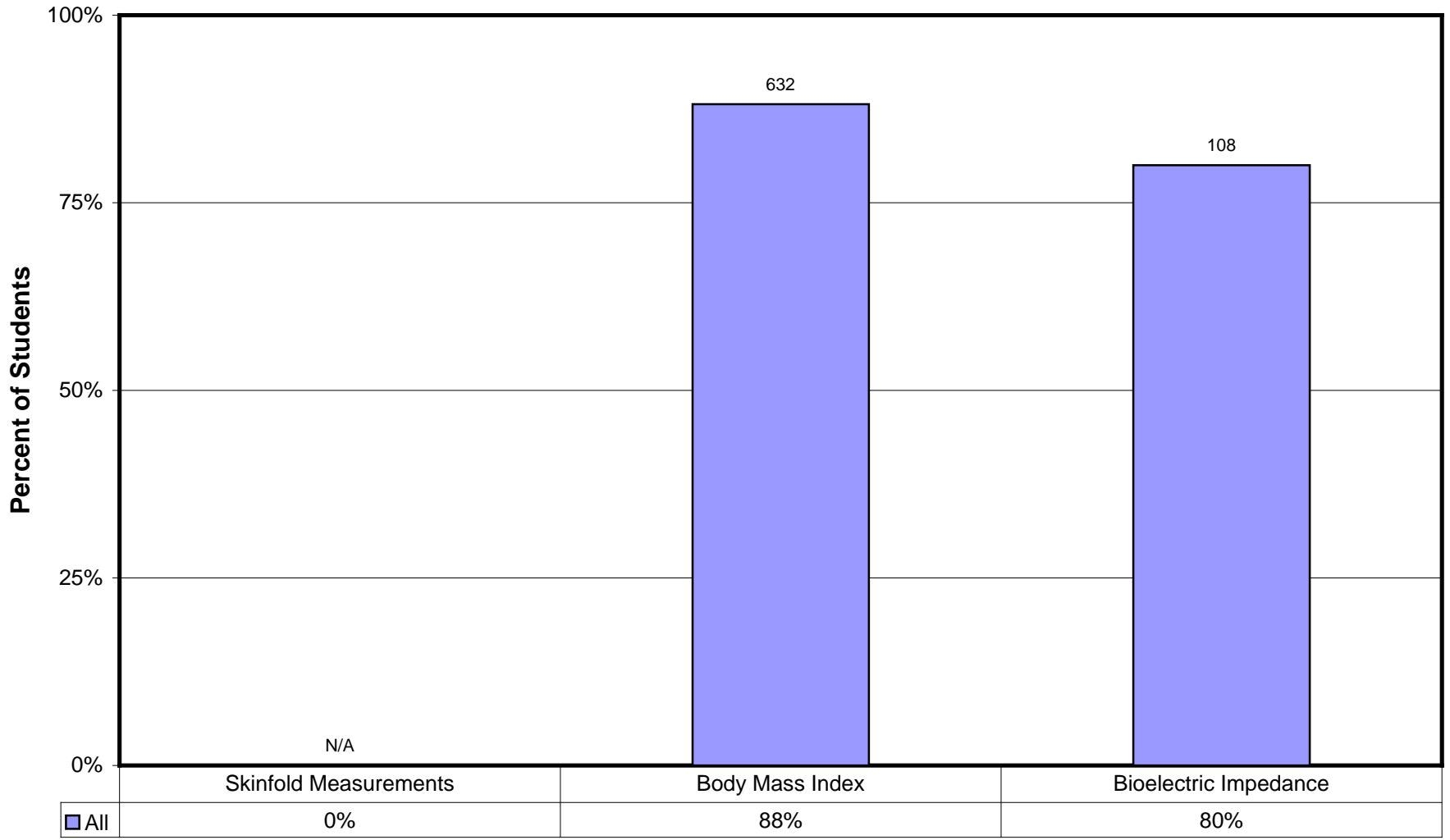


Results for Multiple Option Tests: Body Composition

- Skinfold Measurements
- Body Mass Index
- Bioelectric Impedance

Body Composition Performance-Overall

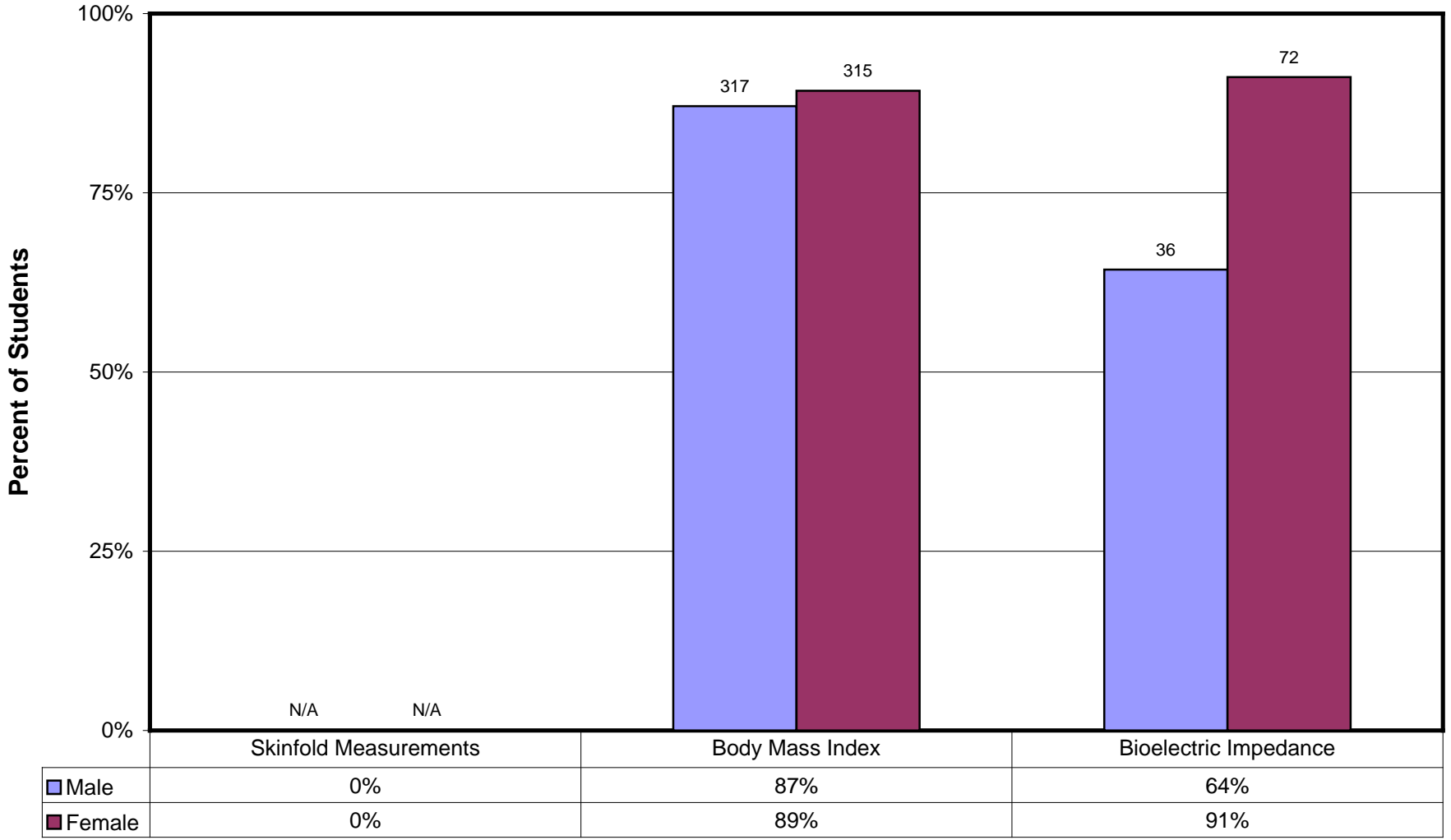
Bar Number = Number of students



Fitness Tasks

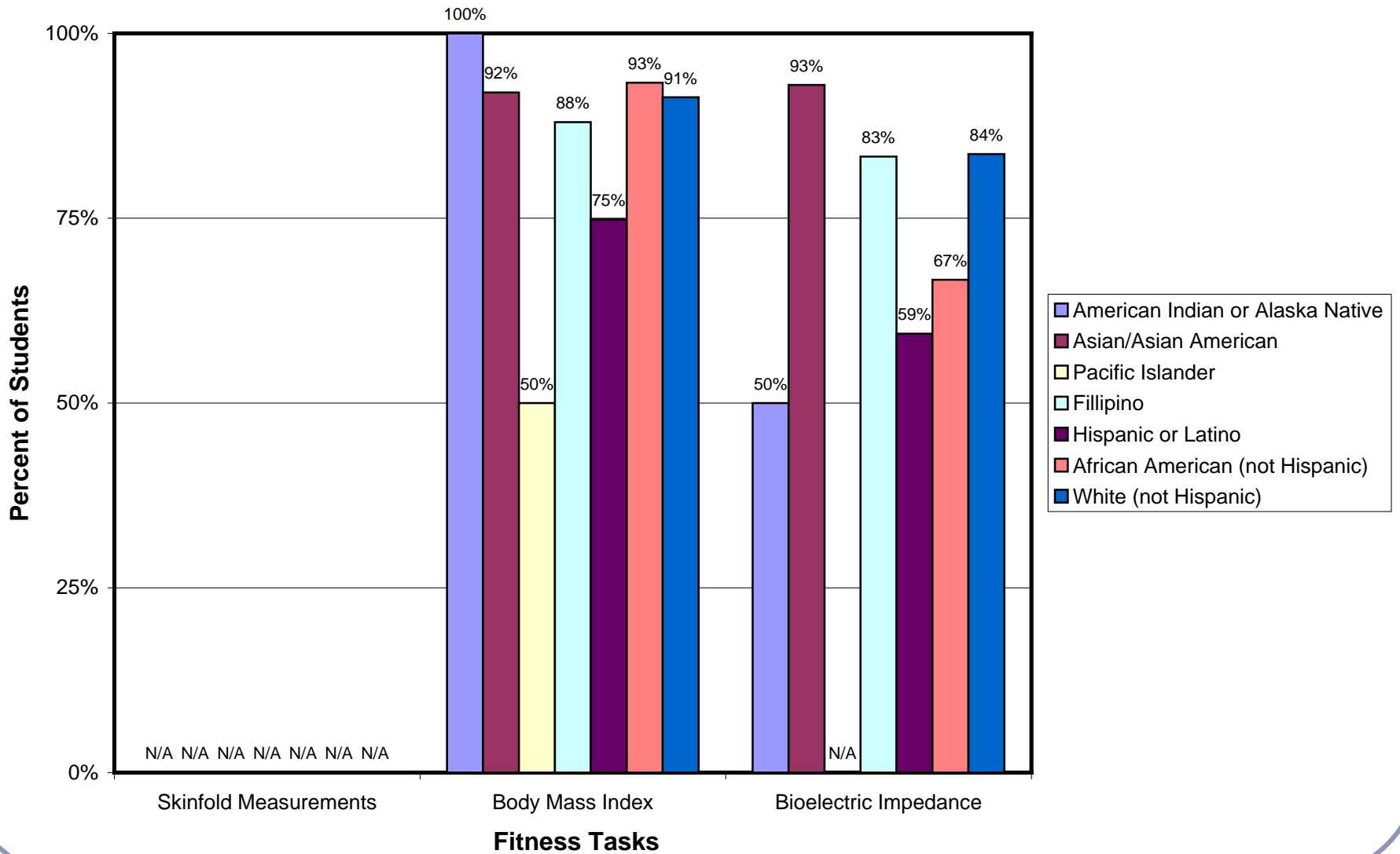
Body Composition Performance-by Gender

Bar Number = Number of students



Fitness Tasks

Body Composition Performance-by Ethnicity/Race

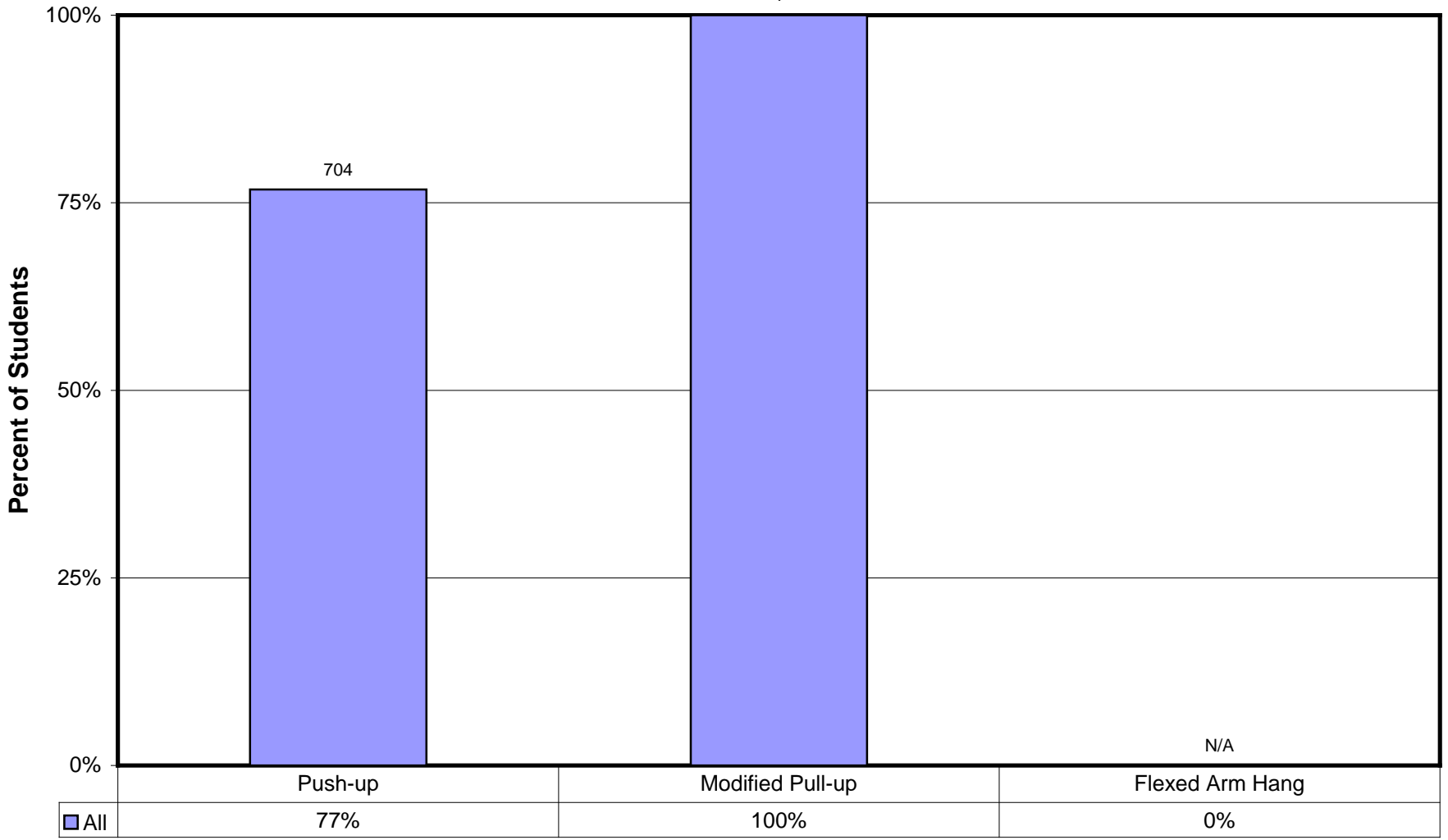


Results for Multiple Option Tests: Upper Body Strength

- Push-up
- Modified Pull-up
- Flexed Arm Hang

Upper Body Strength Performance-Overall

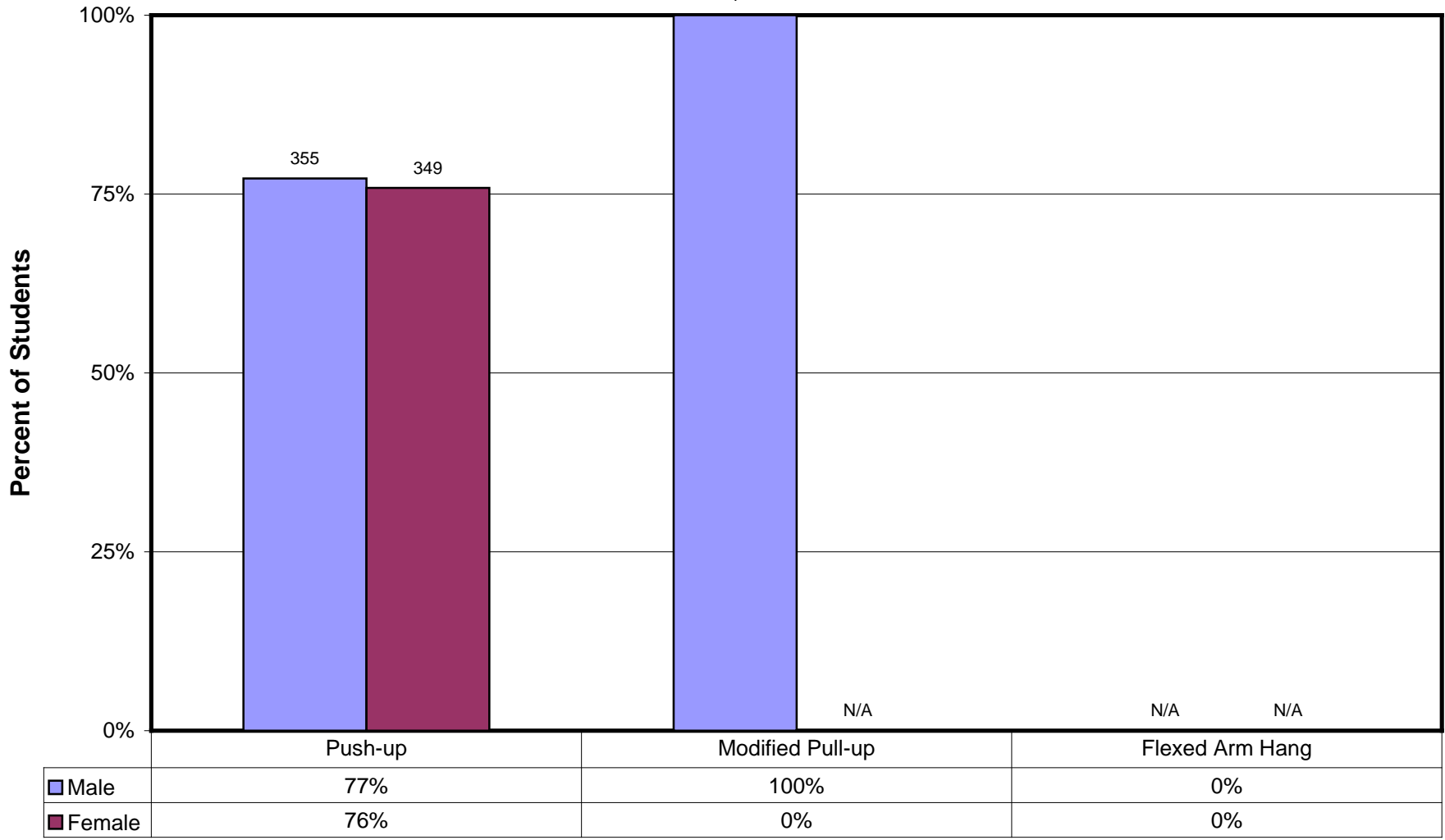
Bar Number = Number of students



Fitness Tasks

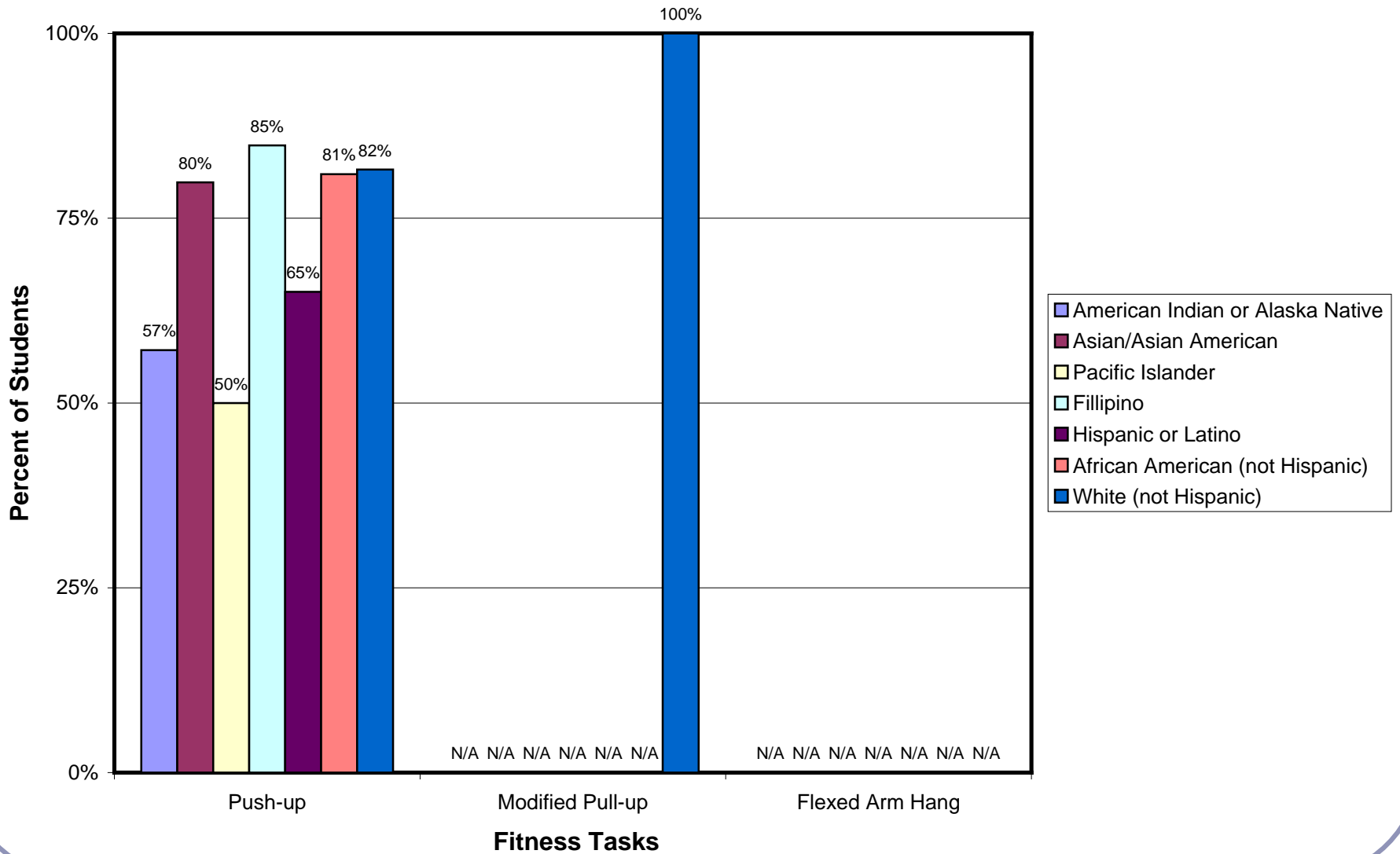
Upper Body Strength Performance-by Gender

Bar Number = Number of students



Fitness Tasks

Upper Body Strength Performance-by Ethnicity/Race

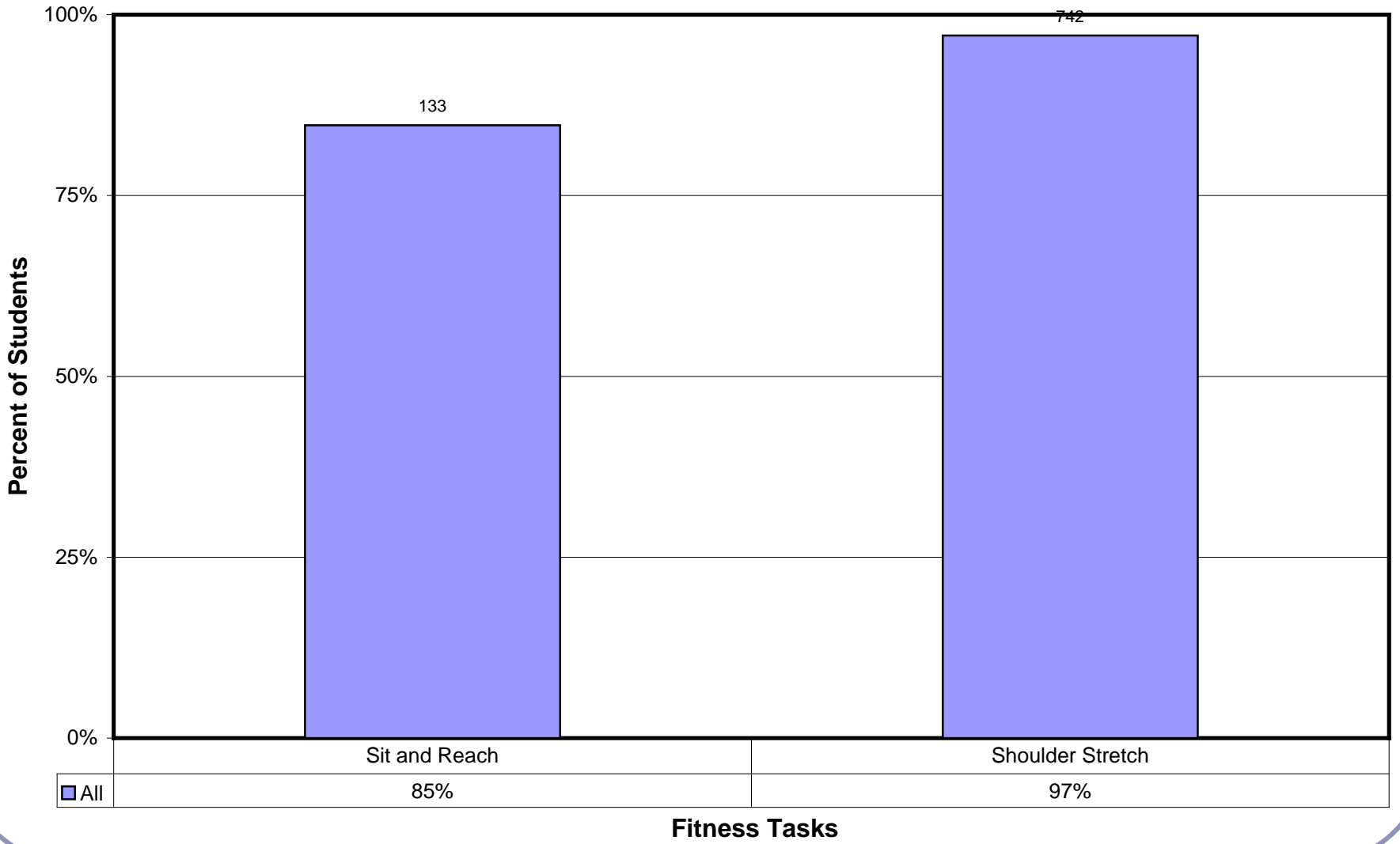


Results for Multiple Option Tests: Flexibility

- Sit and Reach
- Shoulder Stretch

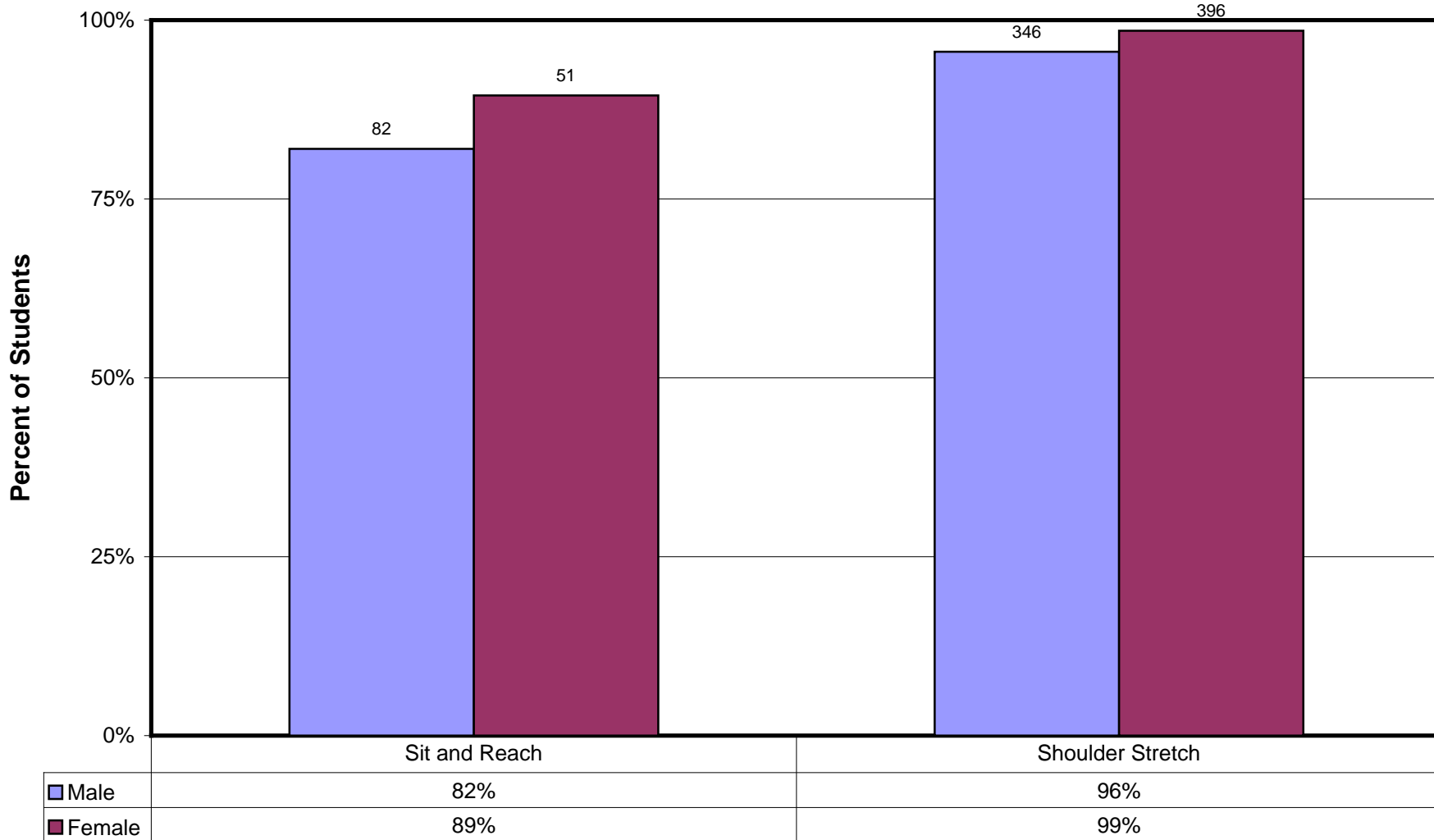
Flexibility Performance-Overall

Bar Number = Number of students



Flexibility Performance-by Gender

Bar Number = Number of students



Fitness Tasks

Flexibility Performance-by Ethnicity/Race

