



Batería ALPA-Fitness: Evaluación de la Condición Física Relacionada con la Salud en Niños y Adolescentes

NAME and SURNAME:

COURSE/CLASS:

Date of birth:

BODY COMPOSITION

Body weight (kg):

IMC (FARMACIA)

Body height (cm):

“GRAPAR AQUÍ”

Body Mass Index (BMI) = Weight (kg)/ [(Height (cm))]² =

Waist circumference (cm):

MUSCLE-SKELETAL FITNESS

Standing long jump (cm):

- 1st attempt (cm):
- 2nd attempt (cm): **(Only if you have enough time)**

MOTOR FITNESS

4 x 10 m shuttle run test (seconds with one decimal):

- 1st attempt: A time of seconds.
- 2nd attempt: A time of seconds. **(Only if you have enough time)**

Example: a time of 21.6 seconds is expressed as 21.6.

CARDIORESPIRATORY FITNESS

RUFFIER- DICKSON index

To calculate the index later, you will need the following values:

P₀ = Heart rate (HR) before the exercise begins =

P₁ = Heart rate (HR) just when exercise finishes =

P₂ = Heart rate (HR) after one minute recovery =

RESULTADOS OBTENIDOS Y VALORACIÓN PERSONAL

BODY COMPOSITION

My **Body Mass Index (BMI)** value is _____ kg/cm².

According to the REFERENCE VALUES ("*mirar hoja de valores de referencia, pdf en Edmodo*"), **which is my level** (very low, low, average, etc.)? _____.

What does it mean?

My **waist circumference (cm)** value is _____.

According to the REFERENCE VALUES ("*mirar hoja de valores de referencia, pdf en Edmodo*"), **which is my level** (very low, low, average, etc.)? _____.

What does it mean?

MUSCLE-SKELETAL FITNESS

My **standing long jump** measure (cm) is: _____.

According to the REFERENCE VALUES ("*mirar hoja de valores de referencia, pdf en Edmodo*"), **which is my level** (very low, low, average, etc.)? _____.

What does it mean?

MOTOR FITNESS

My **4 x 10 m shuttle run test** measure (seconds with one decimal) is: _____.

According to the REFERENCE VALUES ("*mirar hoja de valores de referencia, pdf en Edmodo*"), **which is my level** (very low, low, average, etc.)? _____.

What does it mean?

CARDIORESPIRATORY FITNESS

RUFFIER- DICKSON index

To calculate the index, you will need the following values:

P1 = Heart rate (HR) before the exercise begins during 15 seconds (tomar pulsaciones durante 15 segundos y multiplicarlas por 4 para obtener el valor en 1 minuto) =

P2 = Heart rate (HR) just when exercise finishes (justo al realizar el ejercicio, tomar pulsaciones durante 15 segundos y multiplicarlas por 4 para obtener el valor en 1 minuto) =

P3 = Heart rate (HR) after one minute recovery (tras 1 minuto de recuperación después de finalizar el ejercicio, tomar pulsaciones durante 15 segundos y multiplicarlas por 4 para obtener el valor en 1 minuto) =

$$\text{RUFFIER-DICKSON'S INDEX} = [(P1 + P2 + P3) - 200] / 100 =$$

(En este espacio tienes que hacer los cálculos. Para ello, sustituye en la fórmula cada valor (P1, P2 y P3) por los valores que has obtenido tras medir tu frecuencia cardíaca [HR= Heart Rate] anteriormente).

My **Ruffier- Dickson's index** is: _____.

According to the REFERENCE VALUES ("*mirar hoja de valores de referencia, pdf en Edmodo*"), **which is my level** (very low, low, average, etc.)? _____.

What does it mean?
