# Candidate Fitness Assessment

|  |  |  |  |
| --- | --- | --- | --- |
| Candidate Name: |  | Date: |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Height: |  | Weight: |  | BMI: |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Test Name** | **Start Time** | **Testing Time** | **Rest Time** | **Candidate Score** |
| Basketball throw: | 0:00 | 2:00 | 3:00 | Trial 1: |  | ft |
|  |  |  |  | Trial 2: |  | ft |
|  |  |  |  | Trial 3: |  | ft |
| Cadence pull-ups: | 5:00 | 2:00 | 3:00 |  | reps |
| \*Flexed arm hang |  |  |  |  | sec |
| Shuttle run: | 10:00 | 2:00 | 3:00 |  | sec |
| Abdominal crunches: | 15:00 | 2:00 | 3:00 |  | reps |
| Push-ups: | 20:00 | 2:00 | 8:00 |  | reps |
| One mile run: | 30:00 | ─ | ─ |  | min |  | sec |

\*The flexed arm hang is the alternative for females who are not able to do at least one cadence pull-up.

Further Comments

|  |
| --- |
|  |
|  |
|  |
|  |
|  |
|  |

|  |  |  |  |
| --- | --- | --- | --- |
| Candidate's signature: |  | Date: |  |
| Examiner's signature: |  | Date: |  |