

# Health and Fitness Assessment Kit

(for Advanced Personal Fitness Trainer)

健康及體適能  
評估表套裝  
(高級私人體適能教練專用)

Physical Activity Readiness  
Questionnaire - PAR-Q

## PAR-Q & YOU

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly : Check YES or NO.

YES NO

- |                          |                          |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you feel pain in your chest when you do physical activity?   |
| <input type="checkbox"/> | <input type="checkbox"/> | In the past month, have you had chest pain when you were not doing physical activity?   |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you lose your balance because of dizziness or do you ever lose consciousness?  |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?    |
| <input type="checkbox"/> | <input type="checkbox"/> | Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?                       |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you know of <u>any other reason</u> why you should not do physical activity?   |

If  
you  
answered

### YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want - as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

### NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can :

- start becoming much more physically active - begin slowly and build up gradually. This is the safest and easiest way to go.
- take part in a fitness appraisal - this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.



### DELAY BECOMING MUCH MORE ACTIVE:

- if you are not feeling well because of a temporary illness such as a cold or a fever - wait until you feel better; or
- if you are or may be pregnant - talk to your doctor before you start becoming more active.

**Please note:** If your health changes so that you then answer "YES" to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

**No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.**

Source of the PAR-Q: The Canadian Society for Exercise Physiology

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature of Parent or Guardian: \_\_\_\_\_  
(for participants under the age of majority)

Witness: \_\_\_\_\_

This physical activity clearance becomes invalid if your condition changes so that you would answer YES to any of the seven questions.

Source: The Canadian Society for Exercise Physiology (1)

體能活動適應  
能力問卷 — PAR-Q

## 體能活動適應能力問卷與你 (一份適用於 15 至 69 歲人士的問卷)

經常進行體能活動不但有益身心，而且樂趣無窮，因此，愈來愈多人開始每天多做運動。對大部分人來說，多做運動是很安全的。不過，有些人則應在增加運動量前，先行徵詢醫生的意見。

如果你計劃增加運動量，請先回答下列 7 條問題。如果你介乎 15 至 69 歲之間，這份體能活動適應能力問卷會告訴你應否在開始前諮詢醫生。如果你超過 69 歲及沒有經常運動，請徵詢醫生的意見。

普通常識是回答這些問題的最佳指引。請仔細閱讀下列問題，然後誠實回答：

請答「是」或「否」

是	否	
<input type="checkbox"/>	<input type="checkbox"/>	1. 醫生曾否說過你的心臟有問題，以及只可進行醫生建議的體能活動？
<input type="checkbox"/>	<input type="checkbox"/>	2. 你進行體能活動時會否感到胸口痛？
<input type="checkbox"/>	<input type="checkbox"/>	3. 過去一個月內，你曾否在沒有進行體能活動時也感到胸口痛？
<input type="checkbox"/>	<input type="checkbox"/>	4. 你曾否因感到暈眩而失去平衡，或曾否失去知覺？
<input type="checkbox"/>	<input type="checkbox"/>	5. 你的骨骼或關節(例如脊骨、膝蓋或髖關節)是否有毛病，且會因改變體能活動而惡化？
<input type="checkbox"/>	<input type="checkbox"/>	6. 醫生現時是否有開血壓或心臟藥物（例如 water pills）給你服用？
<input type="checkbox"/>	<input type="checkbox"/>	7. 是否有其他理由令你不應進行體能活動？

如果

一條或以上答「是」

你的

在開始增加運動量或進行體能評估前，請先致電或親身與醫生商談，告知醫生這份問卷，以及你回答「是」的問題。

答案

- 你可以進行任何活動，但須在開始時慢慢進行，然後逐漸增加活動量；又或你只可進行一些安全的活動。告訴醫生你希望參加的活動及聽從他的意見。

是：

- 找出一些安全及有益健康的社區活動。

### 全部答「否」

如果你對這份問卷的全部問題誠實地答「否」，你有理由確信你可以：

- 開始增加運動量——開始時慢慢進行，然後逐漸增加，這是最安全和最容易的方法。
- 參加體能評估——這是一種確定你基本體能的好方法，以便你擬定最佳的運動計劃。此外，亦主張你量度血壓；如果讀數超過 144/94，請先徵詢醫生的意見，然後才逐漸增加運動量。

### 延遲增加運動量：

- 如果你因傷風或發燒等暫時性疾病而感到不適——請在康復後才增加運動量；或
- 如果你懷孕或可能懷孕——請先徵詢醫生的意見，然後才決定是否增加運動量。

請注意：如因健康狀況轉變，致使你隨後須回答「是」的話，便應告知醫生或健身教練，看看應否更改你的體能活動計劃。

不得更改問卷內容。歡迎複印整份問卷(必須整份填寫)

體能活動適應能力問卷來源：The Canadian Society for Exercise Physiology

本人已閱悉、明白並填妥本問卷。本人的問題亦已得到圓滿解答。

姓名：\_\_\_\_\_ 身分證明文件號碼：\_\_\_\_\_

簽署：\_\_\_\_\_ 日期：\_\_\_\_\_

家長或監護人簽署：\_\_\_\_\_ 見證人：\_\_\_\_\_

(適用於 18 歲以下的參加者)

如因健康狀況轉變，致使你隨後對上述的任何問題的回答轉為「是」的話，則本問卷即告無效。

來源：康樂及文化事務署(2)

# Health and Fitness Assessment Form

## 健康和體適能評估表

### Personal Information

#### 個人資料

姓名 Name		會員號碼 Membership no.	
住址 Address		男/女 Male/Female	
身高(米) Body Height (m)		年齡 Age:	

項目 Items	測試日期 Test Date	1st	2nd	3rd	4th
靜態心跳率 (每分鐘心率數目) Resting Heart Rate (b.p.m.)					
目標心跳率 (50%-85%) Target Training Heart Rate					
血壓(心縮壓和心舒壓) Blood Pressure (mmHg) Systolic / Diastolic					
評級 Classification					
體重 (公斤) Body Weight (kg)					
體重指數 BMI					
評級 Classification					

### Body Composition

#### 體脂百分比

男 Men	胸部 Chest	女 Women	肱三頭肌 Triceps				
	腹部 Abdomen		髂脊上緣 Suprailium				
	大腿 Thigh		大腿 Thigh				
總數 (毫米) Total (mm)							
估計體脂百分比 (%) Estimated Body Fat (%)							
評級 Classification							
生物電阻分析法 (BIA) Bioelectrical Impedance Analysis(BIA)							
腰臀比例 Waist-hip ratio							
評級 Classification							

## Upper Body Muscular Strength & Endurance 上身肌力及肌耐力測試

項目 Items	測試日期 Test Date	1st	2nd	3rd	4th
最多俯臥撐次數 Maximum No. of push-ups					
評級 Classification					
捲腹次數 (節奏以每分鐘 40 次) No. of crunch completed (40 bpm)					
評級 Classification					

## Body Flexibility 身體柔韌度

坐式前彎 Trunk Forward Flexion (inch)				
評級 Classification				
膕繩肌 (標準: 0°-10°) Hamstring (Standard 0°-10°)				
髂腰肌 (標準: 低於水平面) Iliopsoas (Standard below horizontal level)				
胸大肌 (標準: 整個前臂部份緊貼地面) Pectoralis Major (Standard forearm flat on floor)				

## Percent Fat Estimations For Men 估計脂肪百分比(男性)

Sum of three skinfolds 皮褶量度數值總和	年齡 Age(years)								
	18-22	23-27	28-32	33-37	38-42	43-47	48-52	53-57	≥58
8-12	1.8	2.6	3.4	4.2	4.9	5.7	6.5	7.3	8.1
13-17	3.6	4.4	5.2	6.0	6.8	7.6	8.4	9.1	9.9
18-22	5.4	6.2	7.0	7.8	8.6	9.3	10.1	10.9	11.7
23-27	7.1	7.9	8.7	9.5	10.3	11.1	11.9	12.6	13.4
28-32	8.8	9.6	10.4	11.2	12.0	12.8	13.5	14.3	15.1
33-37	10.4	11.2	12.0	12.8	13.6	14.4	15.2	15.9	16.7
38-42	12.0	12.8	13.6	14.4	15.2	15.9	16.7	17.5	18.3
43-47	13.5	14.3	15.1	15.9	16.7	17.5	18.3	19.0	19.8
48-52	15.0	15.8	16.6	17.4	18.1	18.9	19.7	20.5	21.3
53-57	16.4	17.2	18.0	18.8	19.6	20.3	21.1	21.9	22.7
58-62	17.8	18.5	19.3	20.1	20.9	21.7	22.5	23.3	24.1
63-67	19.1	19.9	20.6	21.4	22.2	23.0	23.8	24.6	25.4
68-72	20.3	21.1	21.9	22.7	23.5	24.3	25.1	25.8	26.6
73-77	21.5	22.3	23.1	23.9	24.7	25.5	26.3	27.0	27.8
78-82	22.7	23.5	24.3	25.0	25.8	26.6	27.4	28.2	29.0
83-87	23.8	24.6	25.3	26.1	26.9	27.7	28.5	29.3	30.1
88-92	24.8	25.6	26.4	27.2	28.0	28.8	29.6	30.3	31.1
93-97	25.8	26.6	27.4	28.2	29.0	29.8	30.5	31.3	32.1
98-102	26.7	27.5	28.3	29.1	29.9	30.7	31.5	32.3	33.1
103-107	27.6	28.4	29.2	30.0	30.8	31.6	32.4	33.2	33.9
108-112	28.5	29.3	30.1	30.8	31.6	32.4	33.2	34.0	34.8
113-117	29.3	30.0	30.8	31.6	32.4	33.2	34.0	34.8	35.6
118-122	30.0	30.8	31.6	32.4	33.1	33.9	34.7	35.5	36.3
123-127	30.7	31.5	32.2	33.0	33.8	34.6	35.4	36.2	37.0
128-132	31.3	32.1	32.9	33.7	34.4	35.2	36.0	36.8	37.6
133-137	31.9	32.7	33.4	34.2	35.0	35.8	36.6	37.4	38.2
138-142	32.4	33.2	34.0	34.8	35.5	36.3	37.1	37.9	38.7
143-147	32.9	33.6	34.4	35.2	36.0	36.8	37.6	38.4	39.2
148-152	33.3	34.1	34.8	35.6	36.4	37.2	38.0	38.8	39.6
153-157	33.6	34.4	35.2	36.0	36.8	37.6	38.4	39.2	39.9
158-162	33.9	34.7	35.5	36.3	37.1	37.9	38.7	39.5	40.3
163-167	34.2	35.0	35.8	36.6	37.4	38.1	38.9	39.7	40.5
168-172	34.4	35.2	36.0	36.8	37.6	38.4	39.1	39.9	40.7
173-177	34.6	35.3	36.1	36.9	37.7	38.5	39.3	40.1	40.9
178-182	34.7	35.4	36.2	37.0	37.8	38.6	39.4	40.2	41.0

Source 來源: Jackson and Pollack, 1985. Reprinted from the May 1985 issue of The Physician and Sports Medicine by special permission from McGraw-Hill, Inc. Copyright 1990 by McGraw-Hill, Inc

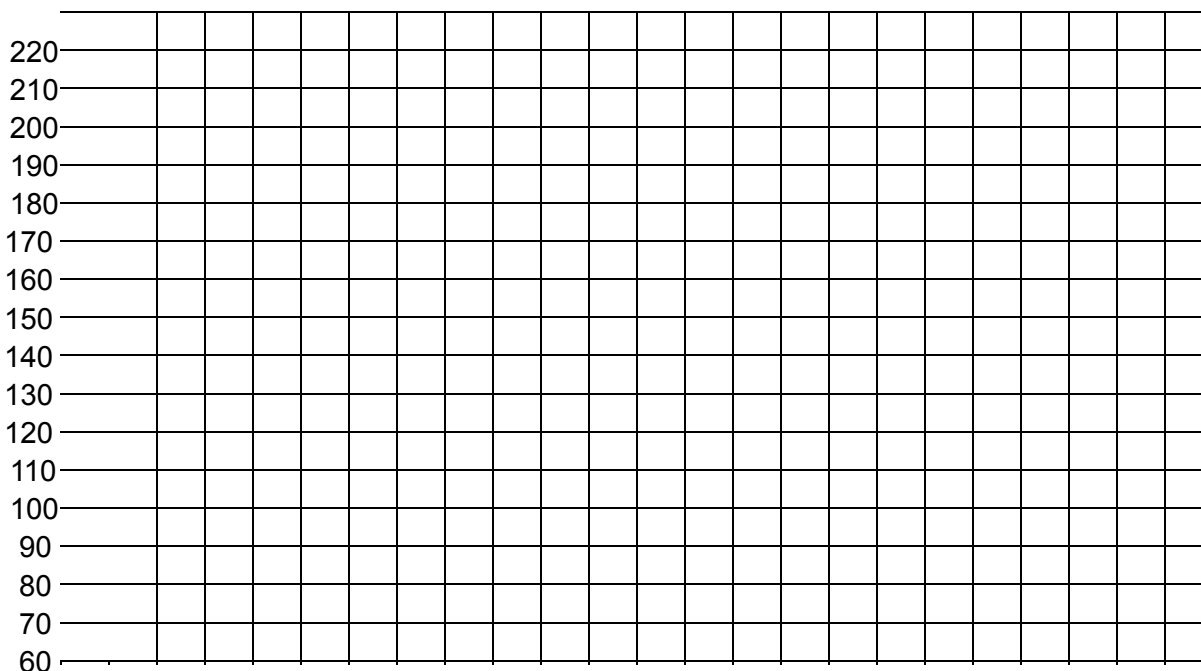
## Percent Fat Estimations For Women 計脂肪百分比(女性)

Sum of three skinfolds 皮褶量度數值總和	年齡 Age(years)								
	18-22	23-27	28-32	33-37	38-42	43-47	48-52	53-57	≥58
8-12	8.8	9.0	9.2	9.4	9.5	9.7	9.9	10.1	10.3
13-17	10.8	10.9	11.1	11.3	11.5	11.7	11.8	12.0	12.2
18-22	12.6	12.8	13.0	13.2	13.4	13.5	13.7	13.9	14.1
23-27	14.5	14.6	14.8	15.0	15.2	15.4	15.6	15.7	15.9
28-32	16.2	16.4	16.6	16.8	17.0	17.1	17.3	17.5	17.7
33-37	17.9	18.1	18.3	18.5	18.7	18.9	19.0	19.2	19.4
38-42	19.6	19.8	20.0	20.2	20.3	20.5	20.7	20.9	21.1
43-47	21.2	21.4	21.6	21.8	21.9	22.1	22.3	22.5	22.7
48-52	22.8	22.9	23.1	23.3	23.5	23.7	23.8	24.0	24.2
53-57	24.2	24.4	24.6	24.8	25.0	25.2	25.3	25.5	25.7
58-62	25.7	25.9	26.0	26.2	26.4	26.6	26.8	27.0	27.1
63-67	27.1	27.2	27.4	27.6	27.8	28.0	28.2	28.3	28.5
68-72	28.4	28.6	28.7	28.9	29.1	29.3	29.5	29.7	29.8
73-77	29.6	29.8	30.0	30.2	30.4	30.6	30.7	30.9	31.1
78-82	30.9	31.0	31.2	31.4	31.6	31.8	31.9	32.1	32.3
83-87	32.0	32.2	32.4	32.6	32.7	32.9	33.1	33.3	33.5
88-92	33.1	33.3	33.5	33.7	33.8	34.0	34.2	34.4	34.6
93-97	34.1	34.3	34.5	34.7	34.9	35.1	35.2	35.4	35.6
98-102	35.1	35.3	35.5	35.7	35.9	36.0	36.2	36.4	36.6
103-107	36.1	36.2	36.4	36.6	36.8	37.0	37.2	37.3	37.5
108-112	36.9	37.1	37.3	37.5	37.7	37.9	38.0	38.2	38.4
113-117	37.8	37.9	38.1	38.3	39.2	39.4	39.6	39.8	39.5
118-122	38.5	38.7	38.9	39.1	39.4	39.6	39.8	40.0	40.0
123-127	39.2	39.4	39.6	39.8	40.0	40.1	40.3	40.5	40.7
128-132	39.9	40.1	40.2	40.4	40.6	40.8	41.0	41.2	41.3
133-137	40.5	40.7	40.8	41.0	41.2	41.4	41.6	41.7	41.9
138-142	41.0	41.2	41.4	41.6	41.7	41.9	42.1	42.3	42.5
143-147	41.5	41.7	41.9	42.0	42.2	42.4	42.6	42.8	43.0
148-152	41.9	42.1	42.3	42.8	42.6	42.8	43.0	43.2	43.4
153-157	42.3	42.5	42.6	52.8	43.0	43.2	43.4	43.6	43.7
158-162	42.6	42.8	42.0	43.1	43.3	43.5	43.7	43.9	44.1
163-167	42.9	43.0	43.2	43.4	43.6	43.8	44.0	44.1	44.3
168-172	43.1	43.2	43.4	43.6	43.8	44.0	44.2	44.3	44.5
173-177	43.2	43.4	43.6	43.8	43.9	44.1	44.3	44.5	44.7
178-182	43.3	43.5	43.7	43.8	44.0	44.2	44.4	44.6	44.8

Source 來源: Jackson and Pollack, 1985. Reprinted from the May 1985 issue of The Physician and Sports Medicine by special permission from McGraw-Hill, Inc. Copyright 1990 by McGraw-Hill, Inc

## Chester Step Test / 臺階測試

**Name**                      **Age**                      **MaxHR**                      **80% MaxHR**  
姓名：                      年齡：                      最大心率：                      最大心率的 80%：

**Heart Rate 心率 (beats/minute)**

ml/kg/min	11	14	17	20	23	26	29	32	35	38	41	44	47	50	53	56	59	62	65	68	72	76
Step Level 階段			I		II		III		IV		V											
Steps per min.			15		20		25		30		35											
每分鐘臺階次數			15		20		25		30		35											

## Results Tables 測試結果

Step Level 階段	I	II	III	IV	V	Date of Test 測試日期	
Heart Rate 心率						Aerobic Capacity 最大攝氧量 (ml/kg/min)	
Exertion Level 自覺運動強度						Fitness Rating 評級	

### Norms for Aerobic Capacity 最大攝氧量的標準表格(ml/kg/min)

	Males Age Group 男性年齡組別						Females Age Group 女性年齡組別					
Classifications 評級	15-19	20-29	30-39	40-49	50-59	60-65	15-19	20-29	30-39	40-49	50-59	60-65
Excellent 極好	60+	55+	50+	46+	44+	40+	55+	50+	46+	43+	41+	39+
Good 好	48-59	44-54	40-49	37-45	35-43	33-39	44-54	40-49	36-45	34-42	33-40	31-38
Average 水準	39-47	35-43	34-39	32-36	29-34	25-32	36-43	32-39	30-35	28-33	26-40	24-30
Below Average 水準以下	30-38	28-35	26-33	25-31	23-28	20-24	29-35	27-31	25-29	22-27	21-25	19-23
Poor 差	<30	<28	<26	<25	<23	<20	<29	<27	<25	<22	<21	<19

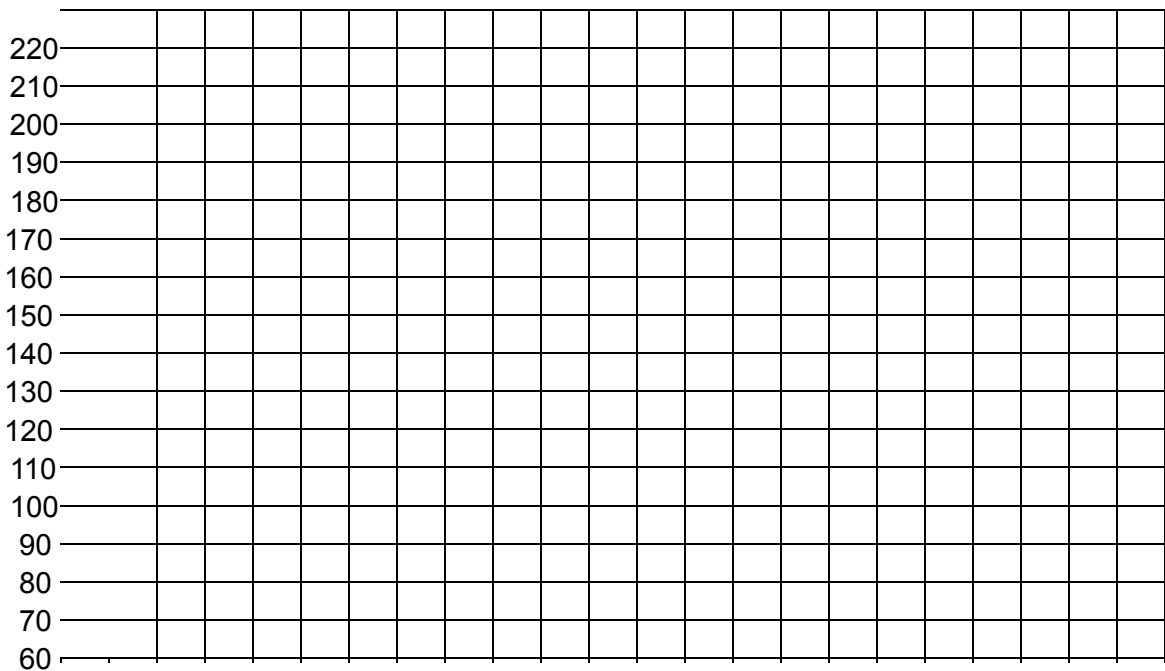


## Chester Step Test / 臺階測試

### 10" (25cm) Step / 10 吋(25 釐米)臺階

Name 姓名: \_\_\_\_\_ Age 年齡: \_\_\_\_\_ MaxHR 最大心率: \_\_\_\_\_ bpm 80% MaxHR 最大心率的 80%: \_\_\_\_\_ bpm

Heart Rate 心率 (beats/minute)



ml/kg/min	14	19	24	29	34	39	44	49	54	59	64
Step Level 階段	I	II	III	IV	V						
Steps per min. 每分鐘臺階次數	15	20	25	30	35						

### Results Tables 測試結果

Step Level 階段	I	II	III	IV	V	Date of Test 測試日期	
Heart Rate 心率						Aerobic Capacity 最大攝氧量 (ml/kg/min)	
Exertion Level 自覺運動強度						Fitness Rating 評級	

### Norms for Aerobic Capacity 最大攝氧量的標準表格(ml/kg/min)

	Males Age Group 男性年齡組別						Females Age Group 女性年齡組別					
Classifications 評級	15-19	20-29	30-39	40-49	50-59	60-65	15-19	20-29	30-39	40-49	50-59	60-65
Excellent 極好	60+	55+	50+	46+	44+	40+	55+	50+	46+	43+	41+	39+
Good 好	48-59	44-54	40-49	37-45	35-43	33-39	44-54	40-49	36-45	34-42	33-40	31-38
Average 水準	39-47	35-43	34-39	32-36	29-34	25-32	36-43	32-39	30-35	28-33	26-40	24-30
Below Average 水準以下	30-38	28-35	26-33	25-31	23-28	20-24	29-35	27-31	25-29	22-27	21-25	19-23
Poor 差	<30	<28	<26	<25	<23	<20	<29	<27	<25	<22	<21	<19

## Chester Step Test / 臺階測試 (12"吋 Step 臺階)

### Example

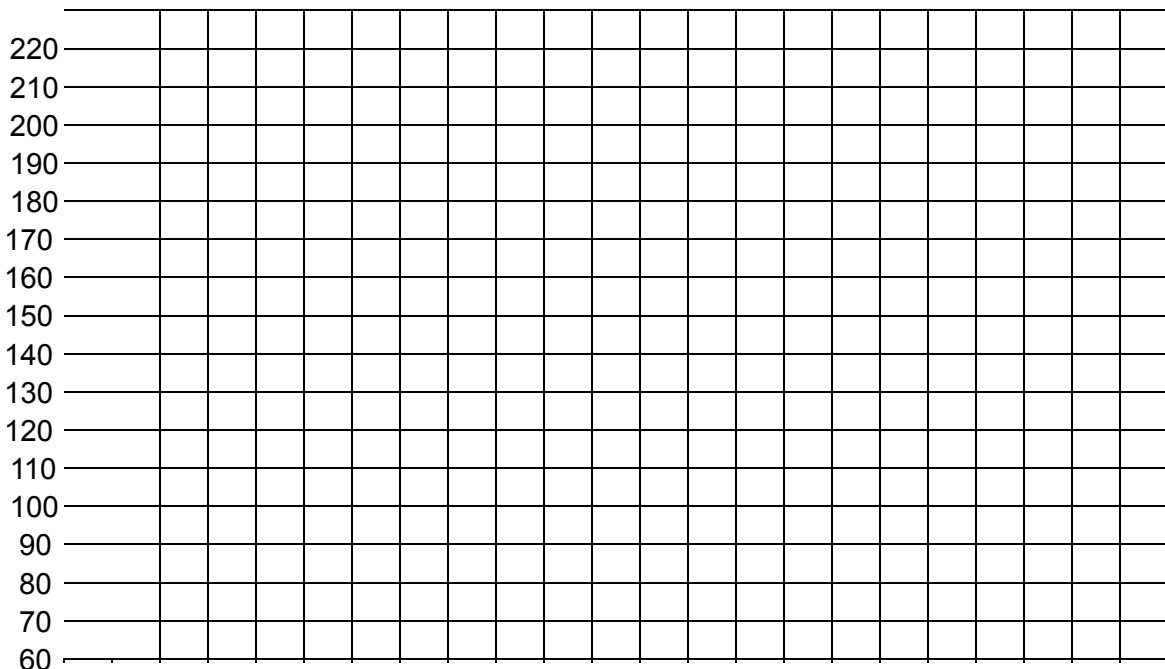
Mr. Chan aged 30 years is able to complete 4 stages of the step test. His exercise heart rate exceeds 80% of his HR<sub>max</sub> after stage-4. The heart rate measured at completion of each stage are 99, 117, 135 and 154 bpm; while RPE 8, 10, 12 and 14 respectively. Mark the four heart rates on the graph, then connect them using a straight line. If they cannot be fitted perfectly into a straight line, use the line with the shortest distance to all the HR points. Extend the line diagonally until it intersects with the horizontal line of HR<sub>max</sub> of Mr. Chan (190bpm). From the intersection point, draw a vertical line down to meet with the horizontal axis, at which the intersection point is the estimated VO<sub>2max</sub> of Mr. Chan: about 44 ml/kg/min. This VO<sub>2max</sub> is classified as "Good" according to the Norms of Aerobic Capacity.

### 例子

陳先生今年 30 歲，他能夠完成測試的四個階段，於第四階段完成時運動心率超過他最大心跳率的 80%。他於四個階段完成時的心率分別是 99、117、135 和 154bpm，而 RPE 則是 8、10、12 及 14，將四個心率點在表格上，然後連成一條直線。若四點的位置未能連成直線的話，則以最接近該四點的直線為準。該直線的方向斜向上，與最大心率的水準線匯合(190 bpm)。然後從那匯合點出發劃一條垂直線，與底線匯合，那匯合點的數值便估計是陳先生的最大攝氧量：大約 44 ml/kg/min，參照下列最大攝氧量的標準表格被評為“好”。

Name 姓名: \_\_\_\_\_ Age 年齡: \_\_\_\_\_ MaxHR 最大心率: \_\_\_\_\_ bpm 80% MaxHR 最大心率的 80%: \_\_\_\_\_ bpm

Heart Rate 心率 (beats/minute)



ml/kg/min

Step Level 階段

Steps per min.

每分鐘臺階次數

11 14 17 20 23 26 29 32 35 38 41 44 47 50 53 56 59 62 65 68 72 76

I II III IV V

15 20 25 30 35

## Chester Step Test / 臺階測試 (12"吋 Step 臺階) Example (Continuous)

### Results Tables 測試結果

<b>Step Level</b> 階段	I	II	III	IV	V	<b>Date of Test</b> 測試日期	
<b>Heart Rate</b> 心率						<b>Aerobic Capacity</b> 最大攝氧量 (ml/kg/min)	
<b>Exertion Level</b> 自覺運動強度						<b>Fitness Rating</b> 評級	

### Norms for Aerobic Capacity 最大攝氧量的標準表格(ml/kg/min)

	<b>Males Age Group 男性年齡組別</b>						<b>Females Age Group 女性年齡組別</b>					
<b>Classifications</b> 評級	15-19	20-29	30-39	40-49	50-59	60-65	15-19	20-29	30-39	40-49	50-59	60-65
<b>Excellent</b> 極好	60+	55+	50+	46+	44+	40+	55+	50+	46+	43+	41+	39+
<b>Good</b> 好	48-59	44-54	40-49	37-45	35-43	33-39	44-54	40-49	36-45	34-42	33-40	31-38
<b>Average</b> 水準	39-47	35-43	34-39	32-36	29-34	25-32	36-43	32-39	30-35	28-33	26-40	24-30
<b>Below Average</b> 水準以下	30-38	28-35	26-33	25-31	23-28	20-24	29-35	27-31	25-29	22-27	21-25	19-23
<b>Poor</b> 差	<30	<28	<26	<25	<23	<20	<29	<27	<25	<22	<21	<19

## Rating of Perceived Exertion (RPE)

### 自覺運動強度表

<b>6</b>	<b>No exertion at all (沒有力竭)</b>
<b>7</b>	<b>Very, very light (非常輕鬆)</b>
<b>8</b>	
<b>9</b>	<b>Very light (很輕鬆)</b>
<b>10</b>	
<b>11</b>	<b>Fairly light (輕鬆)</b>
<b>12</b>	
<b>13</b>	<b>Somewhat hard (有些吃力)</b>
<b>14</b>	
<b>15</b>	<b>Hard (吃力)</b>
<b>16</b>	
<b>17</b>	<b>Very hard (很吃力)</b>
<b>18</b>	
<b>19</b>	<b>Very, very hard (非常吃力)</b>
<b>20</b>	<b>Maximal exertion (最大負荷)</b>
<b>Reference 參考來源：Borg (3)</b>	

## Classification of Body Fat Percentage for Adults

### 成人體脂百分比評級

	<b>Women</b> 女性	<b>Men</b> 男性
<b>Essential Fat</b> 重要脂肪	<b>10% - 13%</b>	<b>2% - 5%</b>
<b>Competitive Athletes</b> 運動員	<b>14% - 20%</b>	<b>6% - 13%</b>
<b>General Health</b> 一般健康人仕	<b>21% - 24%</b>	<b>14% - 17%</b>
<b>Acceptable</b> 可接受範圍	<b>25% - 31%</b>	<b>18% - 24%</b>
<b>Obese</b> 癡肥	<b>32% or above</b> 32% 或以上	<b>25% or above</b> 25% 或以上
<b>Reference 參考來源：American Council on Exercise(4)</b>		

## Classification of Blood Pressure for Adults

### 成人血壓分類

<b>Category</b> 類型	<b>Systolic BP</b> 心縮壓 (mmHg)	<b>Diastolic BP</b> 心舒壓 (mmHg)
<b>Optimal</b> 理想	<b>&lt;120</b>	<b>&lt;80</b>
<b>Prehypertension</b> 前期高血壓	<b>120-139</b>	<b>80-89</b>
<b>Stage I hypertension</b> 輕度高血壓	<b>140-159</b>	<b>90-99</b>
<b>Stage II hypertension</b> 中度高血壓	<b>160-179</b>	<b>100-109</b>
<b>Hypertensive Crisis</b> (Emergency care needed) 嚴重高血壓 (需接受緊急護理)	<b>&gt;180</b>	<b>&gt;110</b>
<b>Reference 參考來源：American Heart Association(5)</b>		

## Classification of BMI for Adults

### 成年人體重指數評級

分類 Category	亞洲人群 Asian	西方人群 Western
Underweight 過輕	<18.5	<18.5
Normal range 正常	18.5-22.9	18.5-24.9
Overweight 過重	23-24.9	25-29.9
Obesity Class I 肥胖 I	25-29.9	30-34.9
Obesity Class II 肥胖 II	≥ 30	35-39.9
Reference 參考來源：WHO Asia Pacific Perspective for Asians(6)		

## Standard Sit-and-Reach Test (cm)

### 標準坐姿前彎測試 (cm)

評級 Category	年齡 Age									
	20-29		30-39		40-49		50-59		60-69	
	M	F	M	F	M	F	M	F	M	F
極佳 Excellent	40	41	38	41	35	38	35	39	33	35
十分好 Very Good	39	40	37	40	34	37	34	38	32	34
	34	37	33	36	29	34	28	33	25	31
好 Good	33	36	32	35	28	33	27	32	24	30
	30	33	28	32	24	30	24	30	20	27
一般 Fair	29	32	27	31	23	29	23	29	19	26
	25	28	23	27	18	25	16	25	15	23
有待改善 Needs Improvement	24	27	22	26	17	24	15	24	14	22

Reference 參考來源：Canadian Society for Exercise Physiology(7)

Note: The norm is based on a sit-and-reach box in which “zero” point is set at 26cm. When using a box with “zero” point set at 23cm, subtract 3cm from each value of this table.

註：這常模表數據適用於“零”點設定在 26cm 的坐姿前彎測試箱。如採用“零”點設定在 23cm 的坐姿前彎測試箱，於表內的數值減 3cm 後再核對。

## Waist-to-Hip Ratio and Health Risk for Men and Women

### 男和女性之腰臀比例與健康風險

	Age 年齡	Low 低	Moderate 中	High 高	Very High 非常高
<b>Men</b> 男性	<b>20-29</b>	<b>&lt;0.83</b>	<b>0.83-0.88</b>	<b>0.89-0.94</b>	<b>&gt;0.94</b>
	<b>30-39</b>	<b>&lt;0.84</b>	<b>0.84-0.91</b>	<b>0.92-0.96</b>	<b>&gt;0.96</b>
	<b>40-49</b>	<b>&lt;0.88</b>	<b>0.88-0.95</b>	<b>0.96-1.00</b>	<b>&gt;1.00</b>
	<b>50-59</b>	<b>&lt;0.90</b>	<b>0.90-0.96</b>	<b>0.97-1.02</b>	<b>&gt;1.02</b>
	<b>60-69</b>	<b>&lt;0.91</b>	<b>0.91-0.98</b>	<b>0.99-1.03</b>	<b>&gt;1.03</b>
<b>Women</b> 女性	<b>20-29</b>	<b>&lt;0.71</b>	<b>0.71-0.77</b>	<b>0.78-0.82</b>	<b>&gt;0.82</b>
	<b>30-39</b>	<b>&lt;0.72</b>	<b>0.72-0.78</b>	<b>0.79-0.84</b>	<b>&gt;0.84</b>
	<b>40-49</b>	<b>&lt;0.73</b>	<b>0.73-0.79</b>	<b>0.80-0.87</b>	<b>&gt;0.87</b>
	<b>50-59</b>	<b>&lt;0.74</b>	<b>0.74-0.81</b>	<b>0.82-0.88</b>	<b>&gt;0.88</b>
	<b>60-69</b>	<b>&lt;0.76</b>	<b>0.76-0.83</b>	<b>0.84-0.90</b>	<b>&gt;0.90</b>
<b>Reference 參考來源：Bray GA &amp; Gray DS (8)</b>					

## Push Up 掌上壓

	年齡 Age									
評級 Category	20-29		30-39		40-49		50-59		60-69	
	M	F	M	F	M	F	M	F	M	F
極佳 Excellent	36	30	30	27	25	24	21	21	18	17
十分好 Very Good	35	29	29	26	24	23	20	20	17	16
	29	21	22	20	17	15	13	11	11	12
好 Good	28	20	21	19	16	14	12	10	10	5
	22	15	17	13	13	11	10	7	8	4
一般 Fair	21	14	16	12	12	10	9	6	7	4
	17	10	12	8	10	5	7	2	5	2
有待改善 Needs Improvement	16	9	11	7	9	4	6	1	4	1
Reference 參考來源：Canadian Society for Exercise Physiology(7)										

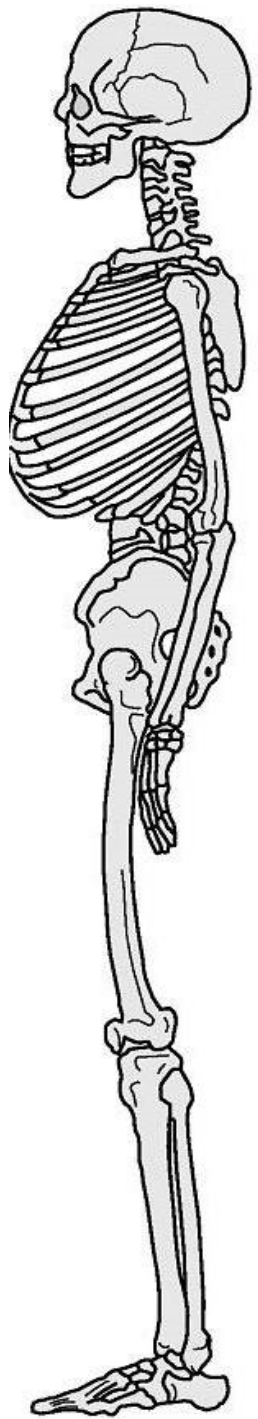
## Crunch 捲腹

	年齡 Age					
評級 Category	< 35		35 - 44		> 45	
	M	F	M	F	M	F
極佳 Excellent	60	50	50	40	40	30
好 Good	45	40	40	25	25	15
一般 Fair	30	25	25	15	15	10
不良 Poor	15	10	10	6	5	4
Reference 參考來源：Howley ET & Franks DB (9)						



# Posture Analysis Assessment Form

## Lateral View



1st Ear Lobe and Plumb Line: Aligned ☐ Unaligned ☐  
2nd ☐ ☐

1st Head: Neutral ☐ Forward Tilt ☐ Backward Tilt ☐

2nd ☐ ☐ ☐

(Is there any muscle tightness in posterior side? Or the muscle weakness in anterior side? )

recommendation: \_\_\_\_\_

1st Cervical: Neutral ☐ Not in Neutral ☐

2nd ☐ ☐

1st Scapula: Neutral ☐ Round Shoulder ☐

2nd ☐ ☐

(Tightness of pectoral muscles? Upper back weakness? )

recommendation: \_\_\_\_\_

1st Thoracic: Neutral ☐ Not in Neutral ☐

2nd ☐ ☐

1st Lumbar: Neutral ☐ Excessive Lordosis ☐ Insufficient Lordosis ☐

2nd ☐ ☐ ☐

(Low back muscle tightness? Abdominal weakness? )

recommendation: \_\_\_\_\_

1st Pelvis: Neutral ☐ Anterior Tilt ☐ Posterior Tilt ☐

2nd ☐ ☐ ☐

(Hip flexor tightness? Gluteus muscles weakness? )

recommendation: \_\_\_\_\_

1st Knee Joint: Neutral ☐ Hyperextension ☐

2nd ☐ ☐

(Concern on weight bearing exercise in standing position? )

recommendation: \_\_\_\_\_

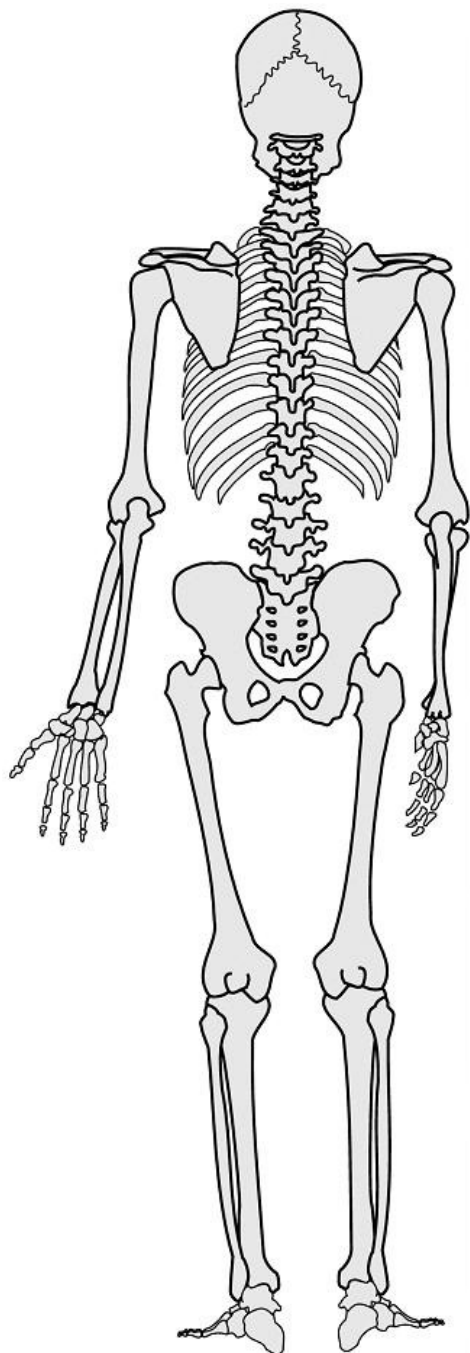
1st Date of Analysis: \_\_\_\_\_

2nd Date of Analysis: \_\_\_\_\_

Trainer: \_\_\_\_\_

Trainer: \_\_\_\_\_

## Posterior View



**1st** Head: Neutral ☐ Lateral Tilt ☐ Rotated ☐  
**2nd** ☐ ☐ ☐

(Neck muscle aside tightness? )

recommendation: \_\_\_\_\_

**1st** shoulder Region: Neutral ☐ Elevated ☐ Depressed ☐  
**2nd** ☐ ☐ ☐

(Tightness of muscles on scapular region? )

recommendation: \_\_\_\_\_

**1st** Scapular: Neutral ☐ Protracted ☐ Retracted ☐  
**2nd** ☐ ☐ ☐

**1st** Spine: Straight ☐ S-shaped ☐ C-shaped ☐  
**2nd** ☐ ☐ ☐

(Concern on resistance training? Stretching exercises? )

recommendation: \_\_\_\_\_

**1st** Knee Joint: Neutral ☐ Valgus ☐ Varus ☐  
**2nd** ☐ ☐ ☐

(Concern on weight bearing exercise in knee flexed position? )

recommendation: \_\_\_\_\_

**1st** Foot: Neutral ☐ Flat Foot ☐  
**2nd** ☐ ☐

(Pronation Distortion Syndrome?)

recommendation: \_\_\_\_\_

**1st** Date of Analysis: \_\_\_\_\_

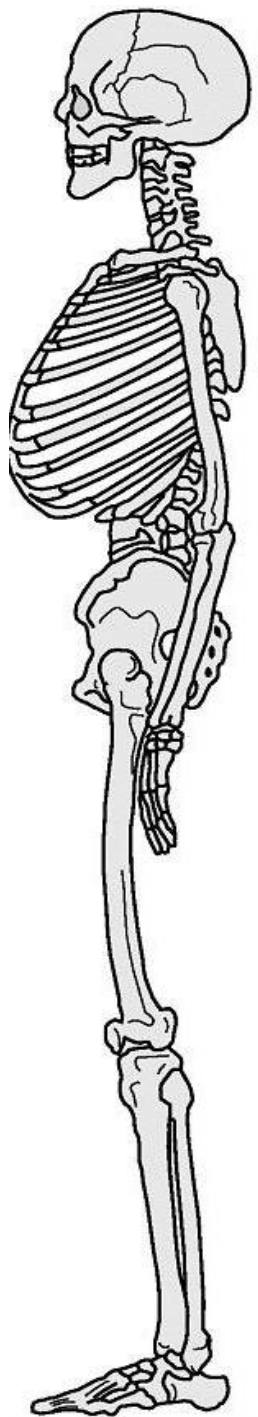
Trainer: \_\_\_\_\_

**2nd** Date of Analysis: \_\_\_\_\_

Trainer: \_\_\_\_\_

## 體位分析評估表

### 側面觀



1st 耳垂與鉛垂線：重疊 ☐ 不重疊 ☐  
2nd ☐ ☐

1st 頭：中立位 ☐ 前傾 ☐ 後仰 ☐  
2nd ☐ ☐ ☐

1st 頸椎：正常曲度 ☐ 輕微前曲 ☐  
2nd ☐ ☐

1st 肩胛骨：平貼在上背部 ☐  
2nd ☐

1st 胸椎：正常曲度 ☐ 輕微後曲 ☐  
2nd ☐ ☐

1st 腰椎：正常曲度 ☐ 輕微前曲 ☐  
2nd ☐ ☐

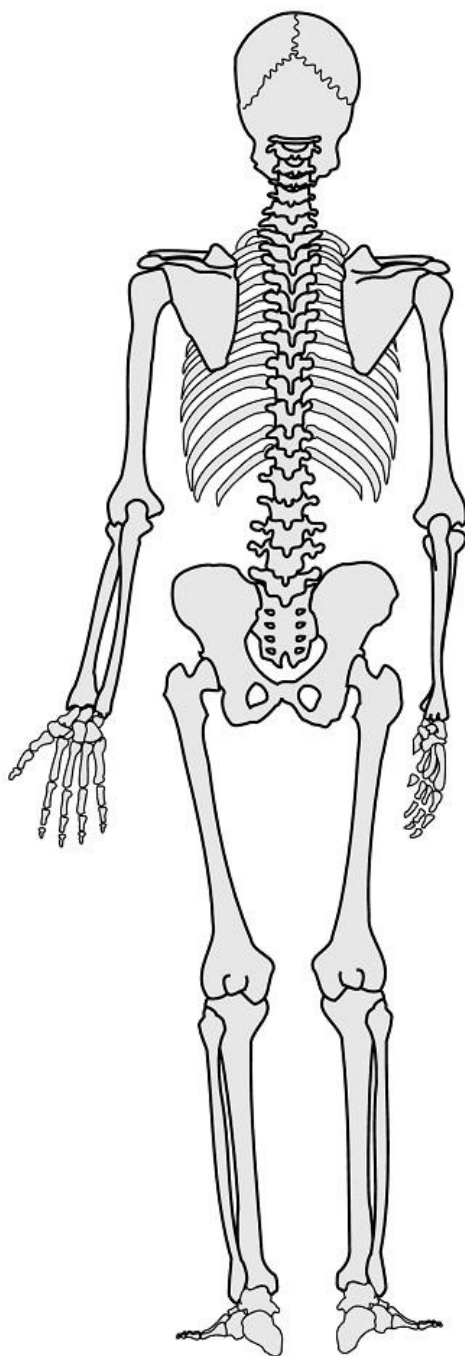
1st 骨盆：中立位 ☐ 前傾 ☐ 後傾 ☐  
2nd ☐ ☐ ☐

1st 膝關節：中立位 ☐ 超伸 ☐  
2nd ☐ ☐

1st 測試日期：\_\_\_\_\_  
2nd 測試日期：\_\_\_\_\_

教練：\_\_\_\_\_  
教練：\_\_\_\_\_

## 背面觀



**1st** 頭部: 中立位 ☐ 側傾 ☐ 扭轉 ☐  
**2nd** ☐ ☐ ☐

**1st** 肩部: 中立位 ☐ 聳肩 ☐ 塌肩 ☐  
**2nd** ☐ ☐ ☐

**1st** 肩胛骨: 中立位 ☐ 肩帶前引 ☐ 肩帶縮回 ☐  
**2nd** ☐ ☐ ☐

**1st** 胸腰椎: 成一直線 ☐ S 形 ☐ C 形 ☐  
**2nd** ☐ ☐ ☐

**1st** 膝關節: 中立位 ☐ 膝外翻 ☐ 膝內翻 ☐  
**2nd** ☐ ☐ ☐

**1st** 足部: 足弓正常 ☐ 扁平足 ☐  
**2nd** ☐ ☐

**1st** 測試日期: \_\_\_\_\_ 教練: \_\_\_\_\_  
**2nd** 測試日期: \_\_\_\_\_ 教練: \_\_\_\_\_