

Fitness Test for the Community in Hong Kong
Proposed Test Items by Age Group

	Infants (aged 3-5)	Primary Students (aged 6-11)	Secondary Students (aged 12-18)	Under Graduates (aged 19-22)	Adults (aged 23-59)	Elderly (aged 60-69)
Physique	Height, weight, chest measurement, skinfold thickness					
	Sitting height				Waist and hip measurements	
Cardio- Vascular Ability	Pulse rate					
		Blood pressure and vital capacity				
					Stepping test	
Physical Ability	Standing long jump, sit and reach				Sit and reach	
		50m run, 1 min sit up & hand grip			Static balance stand, selection reaction time, hand grip	
	Throwing tennis balls, 10m shuttle run, walking on balance beam, continuous jump with both feet	Modified pull up, 50m x 8 shuttle run	Pull up, 800m run (female), 1000m run (male)		10m x 4 shuttle run, back strength, vertical jump, push up, 1 min sit up (aged 23-39), simple reaction time (aged 40-59)	