

### Physical Ability Evaluation Interpretation Tables

#### standard value for percent body fat

	age (yr)				
	20-29	30-39	40-49	50-59	60+
<b>Men</b>					
Excellent	<10	<11	<13	<14	<15
Good	11-13	12-14	14-16	15-17	16-18
Average	14-20	15-21	17-23	18-24	19-25
Fair	21-23	22-24	24-26	25-27	26-28
Poor	≥ 24	≥ 25	≥ 27	≥ 28	≥ 29
<b>Women</b>					
Excellent	<15	<16	<17	<18	<19
Good	16-19	17-20	18-21	19-22	20-23
Average	20-28	21-29	22-30	23-31	24-32
Fair	29-31	30-32	31-33	32-34	33-35
Poor	≥32	≥ 33	≥ 34	≥ 35	≥ 35

#### Hand Grip Strength Test

Score	Men	Women
Excellent	65 or above	42 or above
Good	56-63	37-41
Average	44-55	30-36
Fair	36-43	24-29
Poor	30-35	19-23

from Jackson AS, Pollack ML, Generalized equations for predicting body density of men, *Br J Nutr.* 40:497-504, 1979

from Jackson AS, Pollack ML, Generalized equations for predicting body density of women, *Med Sci Sport Exerc.* 180-182, 1980. 40:497-504, 1979

#### Sit and reach Test for Low Back-Hamstring Flexibility, Norms and Percentiles by age Groups and Gender for Trunk Flexion (cm)

Note: footline is set at 26 cm

Age (years)	15-19		20-29		30-39		40-49		50-59		60-69	
	Gender	M	F	M	F	M	F	M	F	M	F	M
Excellent	≥39	≥43	≥40	≥41	≥38	≥41	≥35	≥38	≥35	≥39	≥33	≥35
Above Average	34-38	38-42	34-39	37-40	33-37	36-40	29-34	34-37	28-34	33-38	25-32	31-34
Average	29-33	34-37	30-33	33-36	28-32	32-35	24-28	30-33	24-27	30-32	20-24	27-30
Below Average	24-28	29-33	25-29	28-32	23-27	27-31	18-23	25-29	16-23	25-29	15-19	23-26
Poor	≤23	≤28	≤24	≤27	≤22	≤26	≤17	≤24	≤15	≤24	≤ 14	≤23

#### Standard Value for Shoulder Elevation

Rating      Shoulder Elevation Score (in)

##### **Men**

Excellent	106-123
Good	88-105
Average	70-87
Fair	53-69
Poor	35-52

##### **Women**

Excellent	105-123
Good	86-104
Average	68-85
Fair	50-67
Poor	31-49

#### Standard Value for Trunk Extension

Rating      Trunk extension Score (inches)

##### **Men**

Excellent	50-64
Good	43-49
Average	37-42
Fair	31-36
Poor	28-30

##### **Women**

Excellent	48-63
Good	42-47
Average	35-41
Fair	29-34
Poor	23-28

From Johnson BL, Neslon JK. Practical Measurement for Evaluation in Physical Education. Minneapolis: Burgess Publishing. Reprint 2014

#### Three Minute Step Test Scoring

(The age-adjusted standards based on guidelines published by the YMCA)

Ratings for men based on age

Ratings for women based on age

18-25	26-35	36-45	46-55	56-65	66+	18-25	26-35	36-45	46-55	56-65	66+
Excellent (level 5) 50-76	51-76	49-76	56-82	60-77	59-81	Excellent (level 5) 52-81	58-80	51-84	63-91	60-92	70-92
Good (level 4) 79-84	79-94	80-88	87-101	86-100	87-102	Good (level 4) 85-102	85-101	89-104	95-110	97-111	96-111
Average (level 3) 95-100	96-102	100-105	103-111	103-109	104-110	Average (level 3) 104-110	104-110	107-112	113-118	113-118	116-121
Fair (level 2) 102-107	104-110	108-113	113-119	111-117	114-118	Below avg(lev 2) 113-120	113-119	115-120	120-124	119-127	123-128
Poor (level 1) 111-157	114-161	116-163	121-159	19-154	121-151	Poor (level 1) 122-169	122-171	124-169	126-171	129-174	128-155