





Ming Chuan University Physical Fitness Test Method

Sit and Reach

Aim : To determine the range of motion of the back of the leg and the lower back joint.

Recording method : Test is taken twice but only the best result is recorded.

Video URL : <http://physical.mcu.edu.tw>

Content	Explanations	
Precautions	<ol style="list-style-type: none"> 1. Pregnant woman and people with medical excuse note are not allowed to take the test. 2. Please warm up before taking the test. 3. During the test, the participant can stop the test if they are not feeling well. 	
Correct Movement	<ol style="list-style-type: none"> 1. Take off your shoes and sit down, open your legs to the same width as your shoulders, around 30cm. Both heels should be lined up with the 25cm marks on the measurement tool, straighten your knees, and point your toes upwards. 2. Please stack both of your hands on top of each other; place them on the measurement tool and push it forward slowly as far as you can, then hold for 2 seconds to complete the action. 	
Incorrect Movement	<ol style="list-style-type: none"> 1. Bending your knees. 2. Toeing in or toeing out. 3. Both hands pushing the measurement tools back and forth quickly. 	
Other	<ol style="list-style-type: none"> 1. When taking the test, if the student's knees are bended, the examiner can touch their knees lightly; if the knees bends, the test should be stopped immediately and only the result without bended knees will be counted. 	
Photos		
	<p>Correct : Straighten your knees, and point your toes upwards.</p>	<p>Correct : Please stack the middle fingers of your hands.</p>
		
	<p>Incorrect : Bending your knees.</p>	<p>Incorrect : Toeing in or toeing out.</p>





Ming Chuan University Physical Fitness Test Method

1 minute sit-ups

Aim : To test the muscle endurance of the person abdominal muscle.

Recording methods : Record the amount completed in 1 minute.

Video URL : <http://physical.mcu.edu.tw>

Content	Explanation	
Precautions	<ol style="list-style-type: none"> 1. Pregnant woman and people with medical excuse note are not allowed to take the test. 2. Please warm up before taking the test. 3. During the test, the participant can stop the test if they are not feeling well. 	
Correct Movement	<ol style="list-style-type: none"> 1. When preparing, keep your chin against your chest and lie flat on the mat, separate legs to the same width as your hips, bend your knees to 90 degrees with the soles of your feet flat on the floor; your back should touch the parallel mark on the mat with arms crossed and hands grasping the cloth strap in front of the chest. 2. When taking the test, hands should remain crossed and grasp the strap in front of the chest as you sit up, both elbows should touch the front of the knees, when lying down, the back should touch the parallel mark on the mat and the back of the head shouldn't touch the floor. 	
Incorrect Movement	<ol style="list-style-type: none"> 1. When lying down, the back does not touch the parallel mark on the mat. 2. When sitting up, the hands release the strap. 3. When sitting up, the elbows do not touch the front of the knees. 	
Photos		
	<p>Correct : Back should touch the parallel mark on the mat.</p>	<p>Correct : Both elbows should touch the front of the knees.</p>
		
	<p>Incorrect : The hands release of the strap.</p>	<p>Incorrect : When sitting up, the elbows do not touch the front of the knees.</p>



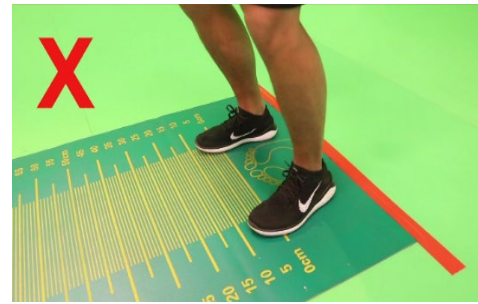
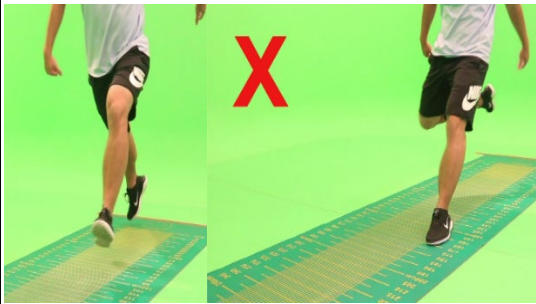
Ming Chuan University Physical Fitness Test Method

Standing Long Jump

Aim : To test the power of lower body.

Recording methods : Test are taken twice but only the best result is recorded, faulty test jump result will not be taken.

Video URL : <http://physical.mcu.edu.tw>

Content	Explanation	
Precautions	<ol style="list-style-type: none"> 1. Pregnant woman and people with medical excuse note are not allowed to take the test. 2. Please warm up before taking the test. 3. During the test, the participant can stop the test if they are not feeling well. 	
Correct Movement	<ol style="list-style-type: none"> 1. When jumping, legs should be aligned with the width of the shoulders or slightly narrower, stand behind the line without stepping on it, lifting either foot clear off the ground is not allowed (split step). 2. When jumping, bend both knees, swing hands naturally at the sides to bring the body up and forward when jumping. Both legs should jump together and land at the same time. 	
Incorrect Movement	<ol style="list-style-type: none"> 1. When jumping, stepping on the line will be considered as a foul, the result will not be counted. 2. Standing on tip toe when jumping will be considered as a foul, the result will not be counted. 3. Jumping with a single leg or landing with single leg will be considered as a foul, the result will not be counted. 	
Other	<ol style="list-style-type: none"> 1. If student loses balance when landing, resulting in touching the floor with hips or hands or stepping backwards, the result will be counted as the landing point nearest from the starting line. 	
Photos		
	<p>Correct : Legs should be stand behind the line without stepping on it.</p>	<p>Correct : Both legs should jump together and land at the same time.</p>
		
	<p>Incorrect : Stepping on the line.</p>	<p>Incorrect : Jumping with a single leg or landing with single leg.</p>

Ming Chuan University Physical Fitness Test Method

800 Meters and 1600 Meters Walk and Run

Aim : To test the cardiovascular fitness and the aerobic fitness

Recording Methods : Record the time taken to finished 800 meters (Female) and 1600 meters (Male) ◦

Video URL : <http://physical.mcu.edu.tw>

Content	Explanation	
Precautions	<ol style="list-style-type: none"> 1. Pregnant woman and people with medical excuse note are not allowed to take the test. 2. Please warm up before taking the test. 3. During the test, the participant can stop the test if they are not feeling well. 	
Precautions	<ol style="list-style-type: none"> 1. Students who have ailments that a doctor has ordered them not to do any intense exercise (such as heart disease, diabetes and etc.), or are pregnant or feeling uncomfortable at the moment, please inform the examiners, then you are not allowed to take the test. 2. Please get a good night's sleep the night before the test; do not stay up late, and avoid intense exercise prior to the test. 3. Please finish eating at least 2 hours before the test. 4. Warm up appropriately before the test. 5. Please complete the form and sign it before taking the test. 6. While taking the test, if not feeling well, please inform the examiners to stop the test and apply for a make-up test. 	
Correct Movement	<ol style="list-style-type: none"> 1. For the sake of safety, while the test is in progress, please do not play or talk with other students. 2. While taking the test, if you feel dizzy, short of breath, experience blurry vision, etc. please stop the test immediately and inform the examiners. 	
Photos		
	Correct : Run	Correct : Walk
		
	Correct : Run	Correct : Walk