## MCU 2019-20 AY Physical Fitness Test Project

- 1. Purpose: As our lifestyles becomes less active and more stressful, this test is to help you better understand your health, to value the influence of exercise, and to form a regular exercise habit in your life for a lighthearted, healthier, and more beautiful life!
- 2. Test Schedule: 09:30 to 11:30 on January 13, 2020 on Taipei Campus.

Test Schedule: 13:30 to 15:30 on January 13, 2020 on Taoyuan Campus.

- 3.Test Venue: Indoor Gymnasium on Taipei Campus; 3F of Physical Education Building on Taoyuan Campus.
- 4.Test Referee: Test Referee Group is formed by the PE instructors.
- 5.Test Targets: All MCU faculty and staff members.
- 6. Test Items: Grip Strength, Back Muscle Strength, Forward Flexion,

Three-minute Stair-climbing.

- 7.Test Method: Based on the test methods announced by the Ministry of Education.
- 8. Group Testing: Tests proceed by groups for each test item.
- 9. Upon being ratified by the president, all regulations are final.

## **Application Form for MCU 2019-20 AY Physical Fitness Test**

Taipei Campus: 09:30~11:30, January16, 2020 (MON), Indoor Gymnasium.

Taoyuan Campus: 13:30~15:30, January 13, 2020 (MON), Physical Education Building 3F.

Responsible Instructors: Taipei Campus: Ms. Yu Neng-Yang (Ext. 2326, <a href="mailto:nyvu@mail.mcu.edu.tw">nyvu@mail.mcu.edu.tw</a>).

Taoyuan Campus: Ms. Kuo, Kuo-Lumg (Ext. 3520, kuokuo@mail.mcu.edu.tw).

We encourage you all to come to take the test! All participants will receive a gift.

## For your health, please come to participate!

## Physical Education Office cares about you.

Physical Fitness Test Application Form: (Please submit your application to the PE Office before January 7 for a better statistic count. Thank you!)

Unit	Employee ID No.	Name	Gender	Phone	Test Venue
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