

## **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.

