

Mountain View City Safety Personnel

Spring 2016 Fitness Assessment

Report Date: June 10, 2016

Prepared By

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Report Overview

The following report compares the average health and fitness scores for two groups of people who match the criteria shown below. The total number of people in each group is displayed at the top of the report; the number of people who completed each test is displayed to the right of the test name (n=). These scores are also compared to recommended health and fitness scores, called Standard Scores, for people in the gender and age group displayed at the top of the report. If a person had a complete evaluation two or more times during the test date range, the scores from their most recent evaluation are used in the report.

Primary Group

Gender: Male
Age: 30 to 39 years
Test Date Range: 01-Jun-2016 to 10-Jun-2016 Fitness Profile
Counselor: Gomez, Andrea
Group Contracts: Mtn. View Police

Comparison Group

Gender: Male
Age: 30 to 39 years
Test Date Range: 01-May-2016 to 31-May-2016 Fitness Profile
Counselor: Gomez, Andrea
Group Contracts: Mtn. View Fire

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Standard Scores: Male 30-39 years

■ Primary Group: 20
■ Comparison Group: 23

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Average Age: 35
 Average Age: 33

Description	Score	Needs Work	Fair	Fit	Excellent	
Body Fat (% body weight)	n=20 20.3	40.0	25.0	19.0	15.0	7.0
	n=23 18.0					
Push-Ups (max)	n=20 22	0	12	17	30	40
	n=23 26					
Back Flexibility (in)	n=20 14.1	3.0	13.0	15.0	17.0	22.0
	n=23 14.4					
Systolic Blood Pressure (mmHg)	n=20 133	180	139	119	109	100
	n=23 127					
Diastolic Blood Pressure (mmHg)	n=20 81	110	89	79	69	50
	n=23 81					
Resting Heart Rate (bpm)	n=20 77	110	100	80	70	50
	n=23 74					
Aerobic Fitness (ml/kg/min)	n=20 38.4	14.0	32.0	37.0	42.0	57.0
	n=23 42.2					
Total Fitness Score	58	0	40	60	80	100
	65					

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Description	Comparison		Primary		Difference	Percent
Height (in)	71.98	n=23	72.45	n=20	+ 0.47	+ 0.7%
Weight (lbs)	183.8	n=23	186.5	n=20	+ 2.7	+ 1.5%
Chest Skinfold	20.6	n=23	21.6	n=20	+ 1.0	+ 4.8%
Abdomen Skinfold	20.0	n=23	23.5	n=20	+ 3.4	+ 17.0%
Thigh Skinfold	20.7	n=23	24.2	n=20	+ 3.4	+ 16.7%