

Details of New Physical Fitness Test

Age Group	Test Category		Evaluation Method
	For All Ages	For Specific Age Groups	
6 ~ 11 yrs	Grip Strength Sit-ups	Side Step 50 Meter Run Standing Long Jump Softball Throw 20 Meter Shuttle Run (Endurance Shuttles)	<div style="border: 1px solid black; padding: 2px; display: inline-block;">By Gender</div> <div style="border: 1px solid black; padding: 2px; display: inline-block;">By Category</div> 1~10 points ↓ <div style="border: 1px solid black; padding: 2px; display: inline-block;">By Age</div> Overall grade (A~E)
12 ~ 19 yrs		Side Step 50 Meter Run Standing Long Jump Handball Throw Endurance Run (Male 1,500m / Female 1,000m) Or, 20 Meter Shuttle Run	<div style="border: 1px solid black; padding: 2px; display: inline-block;">By Gender</div> <div style="border: 1px solid black; padding: 2px; display: inline-block;">By Category</div> 1~10 points ↓ <div style="border: 1px solid black; padding: 2px; display: inline-block;">By Age</div> Overall grade (A~E)
20 ~ 64 yrs		Side Step Standing Long Jump Fast Walk (Male 1,500m / Female 1,000m) Or, 20 Meter Shuttle Run	<div style="border: 1px solid black; padding: 2px; display: inline-block;">By Gender</div> <div style="border: 1px solid black; padding: 2px; display: inline-block;">By Category</div> 1~10 points ↓ <div style="border: 1px solid black; padding: 2px; display: inline-block;">By Age</div> Overall grade (A~E) + <div style="border: 1px solid black; padding: 2px; display: inline-block;">Physical age (by age group)</div> * Age divided into 5 year brackets
65 ~ 79 yrs		Eyes Open One Leg Stand 10m Obstacle Walk 6 Minute Walk ADL (Activities of Daily Living Test)	<div style="border: 1px solid black; padding: 2px; display: inline-block;">By Gender</div> <div style="border: 1px solid black; padding: 2px; display: inline-block;">By Category</div> 1~10 points ↓ <div style="border: 1px solid black; padding: 2px; display: inline-block;">By Age</div> Overall grade (A~E) * Age divided into 5 year brackets

Comparison of Test Items

Conventional Physical Fitness Test		New Physical Fitness Test (1998–)
6-9 years old (FY1983-)	10-11 years old (1965-)	6-11 years old
50 Meter Run Standing Long Jump Softball Throw Bar Jump and Return under Racquet and Ball Race	Grip Strength Toe-touching Stretch 50 Meter Run Standing Long Jump Softball Throw Side Step (100cm) Step Test Push-ups Zig Zag Dribbling Back Hip Circle Vertical Jump Back Strength Cobra Stretch (arms behind back)	Grip Strength Sit-ups Sit & Reach 50 Meter Run Standing Long Jump Softball Throw Side Step (100cm) 20 Meter Shuttle Run (shuttle endurance run)
12-29 years old (FY1964-)		12-19 years old
Grip Strength Toe-touching Stretch 50 Meter Run Standing Long Jump Handball Throw Side Step (120cm) Endurance Run (Male 1,500m / Female 1,000m) Step Test Side Step Back Strength Cobra Stretch (arms behind back) Push-ups		Grip Strength Sit-ups Sit & Reach 50 Meter Run Standing Long Jump Handball Throw Side Step (100cm) Endurance Run (Male 1,500m / Female 1,000m) or 20 Meter Shuttle Run (shuttle endurance run)
30-59 years old (FY1967-)		20-64 years old
Grip Strength Side Step (100cm) Fast Walk (Male 1,500m / Female 1,000m) Side Step Zig Zag Dribbling		Sit-ups Sit & Reach Standing Long Jump Grip Strength Side Step (100cm) Fast Walk (Male 1,500m / Female 1,000m) or 20 Meter Shuttle Run (shuttle endurance run)
		65-79 years old
		Activities of Daily Living Grip Strength Sit-ups Sit & Reach Single-leg Balance 10m Mini-hurdle Walk Six-minute Walk

(Note) Red characters indicate continued test items.