



ASIAN
ACADEMY FOR
SPORTS &
FITNESS
PROFESSIONALS

亚洲运动及体适能专业学院

专业体适能教练证书课程 健康和体适能评估表集

Health and Fitness Assessment Kit

for Professional Fitness Trainer Certification Course

亚洲运动及体适能专业学院 Asian Academy for Sports and Fitness Professionals (AASFP)

北京校址：北京广渠门内大街 80 号通正国际大厦 9 层 905 - 906 室 邮编 100062

Beijing Office Address : Room 905-906, Talent International Building, 80 Guangqumen Inner Avenue, Beijing, PRC 100062
电话 Tel : +86 10 6712 3689 传真 Fax : +86 10 6714 8183 电邮 Email : china@aasfp.com.cn

香港校址：北角 英皇道 663 号 千禧广场 6 楼 601 - 607 室

Hong Kong Headquarters : Units 601-607, 6/F., Millennia Plaza, 663 King's Road, North Point, Hong Kong
电话 Tel : +852 2578 9877 传真 Fax : +852 2508 0601 电邮 Email : aasfp@aasfp.com

网址 Website : www.aasfp.com

PAR-Q FORM

身体状况安全问卷调查

(A Questionnaire for People Aged 15 to 69)

(15至69岁人士问卷)

Name 会员姓名: _____ Membership No 会员号码.: _____

For your safety, please answer the following questions by ticking (✓) the appropriate box (□)
为阁下安全, 请回答以下问题 (在适用处□打上✓号)

NO 没有	YES or not sure 有 (或不清楚)	
<input type="checkbox"/>	<input type="checkbox"/>	1. Does your doctor ever said that you have a heart condition and so that you should only do physical activity recommended by a doctor? 您的医生是否告诉过您的心脏有问题, 并要求您只能在医生建议下才能进行运动?
<input type="checkbox"/>	<input type="checkbox"/>	2. Do you feel pain in your chest when you do physical activity? 当您进行运动时, 胸腔是否感到痛楚?
<input type="checkbox"/>	<input type="checkbox"/>	3. In the past month, did you have chest pain when you were not doing physical activity? 在过去一个月, 您是否曾试过在没有运动情况下出现胸腔痛楚感觉?
<input type="checkbox"/>	<input type="checkbox"/>	4. Do you lose your balance because of dizziness or do you ever lose consciousness? 您是否由于头晕而导致失去平衡, 或者失去知感?
<input type="checkbox"/>	<input type="checkbox"/>	5. Do you have a bone or joint problem that could be made worse by a change in your physical activity? 您是否因为改变运动计划而导致骨骼或关节问题恶化的情况?
<input type="checkbox"/>	<input type="checkbox"/>	6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition? 您的医生现在是否开药方给您用于血压或心脏等问题?
<input type="checkbox"/>	<input type="checkbox"/>	7. Do you know of any other reasons why you cannot do physical activity? 您是否知道有何因素导致您不运动?

I have read, understood and completed this questionnaire. All questions are answered to my full satisfaction.

我已经阅读、明白及完成这份问卷。以上问题的答案均是经本人同意。

Signature
签署 _____

Date
日期 _____

Instruction of PAR-Q	身体状况安全问卷调查使用指引
If you answered yes to one or more questions	如果「有」的答案有一个或以上
Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.	在您进行运动或体适能评估之前,请亲身或通过电话咨询您的医生。告诉您的医生有关PAR-Q的资料以及哪些问题项目的答案是「有」。
<ul style="list-style-type: none"> You may be able to do any activity you want - as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice. 	<ul style="list-style-type: none"> 您或许能进行任何运动,但要在开始时将强度降低,并逐渐提高。或者您可能只能参加对您来说安全的运动。咨询您的医生有关您希望参与的运动,并参考医生的意见。
<ul style="list-style-type: none"> Find out which community programs are safe and helpful for you. 	<ul style="list-style-type: none"> 寻找适合您并安全的社会康体计划
If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:	如果您真实的回答所有的问题,并且所有的答案是「没有」。您能够:
<ul style="list-style-type: none"> start becoming much more physically active - begin slowly and build up gradually. This is the safest and easiest way to go. 	<ul style="list-style-type: none"> 进行运动 (但要在开始时降低强度,并逐渐提高。这是最简单安全的方法。)
<ul style="list-style-type: none"> take part in a fitness appraisal - this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. 	<ul style="list-style-type: none"> 进行体适能评估 (这是最好的测试您现在体适能状况的方法,因此能更有效的安排您的健康生活。)

健康和体适能评估表

Personal Information 个人资料

Name 姓名		Membership no 会员号码.	
Address 住址		Male/Female 男/女	
Body Height (m) 身高(米)		Age 年龄	

Items 项目	Test Date 测试日期	1st	2nd	3rd	4th
	Resting Heart Rate (b.p.m.) 静态心率 (每分钟心率次数)				
Target Training Heart Rate 目标心跳率					
Blood Pressure (mmHg) Diastolic/Systolic 血压(心缩压和心舒压)					
Classification 评级					
Body Weight (kg) 体重 (公斤)					
BMI 体重指数					
Classification 评级					

Body Composition - % Body Fat (Skinfold) 体脂百分比 - 皮褶测量

Men 男	Chest 胸部	Women 女	Triceps 肱三头肌			
	Abdomen 腹部		Suprailium 髂嵴上缘			
	Thigh 大腿		Thigh 大腿			
Total (mm) 总数 (毫米)						
Estimated Body Fat 估计体脂百分比						
% Body Fat (BIA) 电子测量						
Classification 评级						
Waist-hip ratio 腰臀比例						
Classification 评级						

Upper Body Muscular Strength & Endurance

上身肌力及肌耐力测试

Test Date 测试日期	1st	2nd	3rd	4th
Maximum No. of push-ups 最多俯卧撑次数				
Classification 评级				
No. of crunch completed 卷腹次数				
Classification 评级				

Body Flexibility

身体柔韧度

Trunk Forward Flexion (cm) 坐式前弯 (厘米)				
Classification 评级				

估计脂肪百分比(男性) Percent Fat Estimations For Men

皮折量度数值总和 Sum of three skinfolds	年龄 Age(years)								
	18-22	23-27	28-32	33-37	38-42	43-47	48-52	53-57	>=58
8-12	1.8	2.6	3.4	4.2	4.9	5.7	6.5	7.3	8.1
13-17	3.6	4.4	5.2	6.0	6.8	7.6	8.4	9.1	9.9
18-22	5.4	6.2	7.0	7.8	8.6	9.3	10.1	10.9	11.7
23-27	7.1	7.9	8.7	9.5	10.3	11.1	11.9	12.6	13.4
28-32	8.8	9.6	10.4	11.2	12.0	12.8	13.5	14.3	15.1
33-37	10.4	11.2	12.0	12.8	13.6	14.4	15.2	15.9	16.7
38-42	12.0	12.8	13.6	14.4	15.2	15.9	16.7	17.5	18.3
43-47	13.5	14.3	15.1	15.9	16.7	17.5	18.3	19.0	19.8
48-52	15.0	15.8	16.6	17.4	18.1	18.9	19.7	20.5	21.3
53-57	16.4	17.2	18.0	18.8	19.6	20.3	21.1	21.9	22.7
58-62	17.8	18.5	19.3	20.1	20.9	21.7	22.5	23.3	24.1
63-67	19.1	19.9	20.6	21.4	22.2	23.0	23.8	24.6	25.4
68-72	20.3	21.1	21.9	22.7	23.5	24.3	25.1	25.8	26.6
73-77	21.5	22.3	23.1	23.9	24.7	25.5	26.3	27.0	27.8
78-82	22.7	23.5	24.3	25.0	25.8	26.6	27.4	28.2	29.0
83-87	23.8	24.6	25.3	26.1	26.9	27.7	28.5	29.3	30.1
88-92	24.8	25.6	26.4	27.2	28.0	28.8	29.6	30.3	31.1
93-97	25.8	26.6	27.4	28.2	29.0	29.8	30.5	31.3	32.1
98-102	26.7	27.5	28.3	29.1	29.9	30.7	31.5	32.3	33.1
103-107	27.6	28.4	29.2	30.0	30.8	31.6	32.4	33.2	33.9
108-112	28.5	29.3	30.1	30.8	31.6	32.4	33.2	34.0	34.8
113-117	29.3	30.0	30.8	31.6	32.4	33.2	34.0	34.8	35.6
118-122	30.0	30.8	31.6	32.4	33.1	33.9	34.7	35.5	36.3
123-127	30.7	31.5	32.2	33.0	33.8	34.6	35.4	36.2	37.0
128-132	31.3	32.1	32.9	33.7	34.4	35.2	36.0	36.8	37.6
133-137	31.9	32.7	33.4	34.2	35.0	35.8	36.6	37.4	38.2
138-142	32.4	33.2	34.0	34.8	35.5	36.3	37.1	37.9	38.7
143-147	32.9	33.6	34.4	35.2	36.0	36.8	37.6	38.4	39.2
148-152	33.3	34.1	34.8	35.6	36.4	37.2	38.0	38.8	39.6
153-157	33.6	34.4	35.2	36.0	36.8	37.6	38.4	39.2	39.9
158-162	33.9	34.7	35.5	36.3	37.1	37.9	38.7	39.5	40.3
163-167	34.2	35.0	35.8	36.6	37.4	38.1	38.9	39.7	40.5
168-172	34.4	35.2	36.0	36.8	37.6	38.4	39.1	39.9	40.7
173-177	34.6	35.3	36.1	36.9	37.7	38.5	39.3	40.1	40.9
178-182	34.7	35.4	36.2	37.0	37.8	38.6	39.4	40.2	41.0

Source: Jackson and Pollack, 1985. Reprinted from the May 1985 issue of The Physician and Sportsmedicine by special permission

估计脂肪百分比(女性)Percent Fat Estimations For Women

皮折量度数值总和 Sum of three skinfolds	年龄 Age(years)								
	18-22	23-27	28-32	33-37	38-42	43-47	48-52	53-57	>=58
8-12	8.8	9.0	9.2	9.4	9.5	9.7	9.9	10.1	10.3
13-17	10.8	10.9	11.1	11.3	11.5	11.7	11.8	12.0	12.2
18-22	12.6	12.8	13.0	13.2	13.4	13.5	13.7	13.9	14.1
23-27	14.5	14.6	14.8	15.0	15.2	15.4	15.6	15.7	15.9
28-32	16.2	16.4	16.6	16.8	17.0	17.1	17.3	17.5	17.7
33-37	17.9	18.1	18.3	18.5	18.7	18.9	19.0	19.2	19.4
38-42	19.6	19.8	20.0	20.2	20.3	20.5	20.7	20.9	21.1
43-47	21.2	21.4	21.6	21.8	21.9	22.1	22.3	22.5	22.7
48-52	22.8	22.9	23.1	23.3	23.5	23.7	23.8	24.0	24.2
53-57	24.2	24.4	24.6	24.8	25.0	25.2	25.3	25.5	25.7
58-62	25.7	25.9	26.0	26.2	26.4	26.6	26.8	27.0	27.1
63-67	27.1	27.2	27.4	27.6	27.8	28.0	28.2	28.3	28.5
68-72	28.4	28.6	28.7	28.9	29.1	29.3	29.5	29.7	29.8
73-77	29.6	29.8	30.0	30.2	30.4	30.6	30.7	30.9	31.1
78-82	30.9	31.0	31.2	31.4	31.6	31.8	31.9	32.1	32.3
83-87	32.0	32.2	32.4	32.6	32.7	32.9	33.1	33.3	33.5
88-92	33.1	33.3	33.5	33.7	33.8	34.0	34.2	34.4	34.6
93-97	34.1	34.3	34.5	34.7	34.9	35.1	35.2	35.4	35.6
98-102	35.1	35.3	35.5	35.7	35.9	36.0	36.2	36.4	36.6
103-107	36.1	36.2	36.4	36.6	36.8	37.0	37.2	37.3	37.5
108-112	36.9	37.1	37.3	37.5	37.7	37.9	38.0	38.2	38.4
113-117	37.8	37.9	38.1	38.3	39.2	39.4	39.6	39.8	39.5
118-122	38.5	38.7	38.9	39.1	39.4	39.6	39.8	40.0	40.0
123-127	39.2	39.4	39.6	39.8	40.0	40.1	40.3	40.5	40.7
128-132	39.9	40.1	40.2	40.4	40.6	40.8	41.0	41.2	41.3
133-137	40.5	40.7	40.8	41.0	41.2	41.4	41.6	41.7	41.9
138-142	41.0	41.2	41.4	41.6	41.7	41.9	42.1	42.3	42.5
143-147	41.5	41.7	41.9	42.0	42.2	42.4	42.6	42.8	43.0
148-152	41.9	42.1	42.3	42.8	42.6	42.8	43.0	43.2	43.4
153-157	42.3	42.5	42.6	52.8	43.0	43.2	43.4	43.6	43.7
158-162	42.6	42.8	42.0	43.1	43.3	43.5	43.7	43.9	44.1
163-167	42.9	43.0	43.2	43.4	43.6	43.8	44.0	44.1	44.3
168-172	43.1	43.2	43.4	43.6	43.8	44.0	44.2	44.3	44.5
173-177	43.2	43.4	43.6	43.8	43.9	44.1	44.3	44.5	44.7
178-182	43.3	43.5	43.7	43.8	44.0	44.2	44.4	44.6	44.8

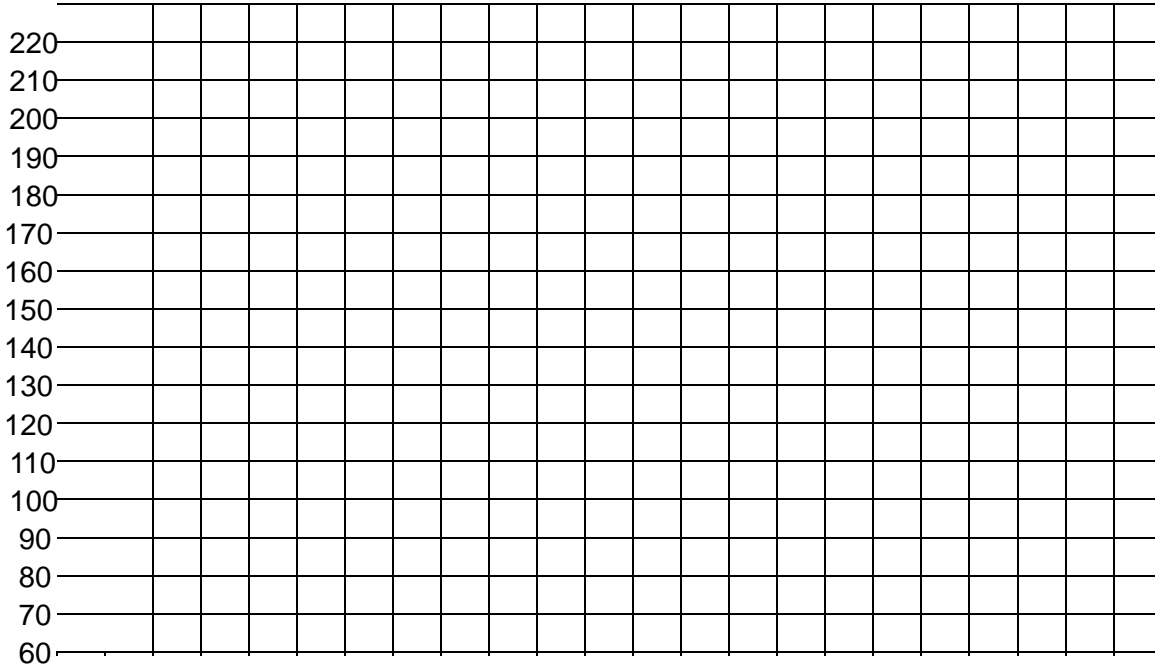
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Chester Step Test / 台阶测试

12" (30cm) Step / 12 英寸(30 厘米)台阶

Name 姓名: _____ Age 年龄: _____ MaxHR 最大心率: _____ bpm 80% MaxHR 最大心率的 80%: _____ bpm

Heart Rate 心率 (beats/minute)



ml/kg/min	11	14	17	20	23	26	29	32	35	38	41	44	47	50	53	56	59	62	65	68	72	76
Step Level 阶段	I	II	III	IV	V																	
Steps per min. 每分钟台阶次数	15	20	25	30	35																	

Results Tables 测试结果

Step Level 阶段	I	II	III	IV	V	Date of Test 测试日期	
Heart Rate 心率						Aerobic Capacity 最大摄氧量 (ml/kg/min)	
Exertion Level 自觉运动强度						Fitness Rating 评级	

Norms for Aerobic Capacity 最大摄氧量的标准表格(ml/kg/min)

Males Age Group 男性年龄组别

Females Age Group 女性年龄组别

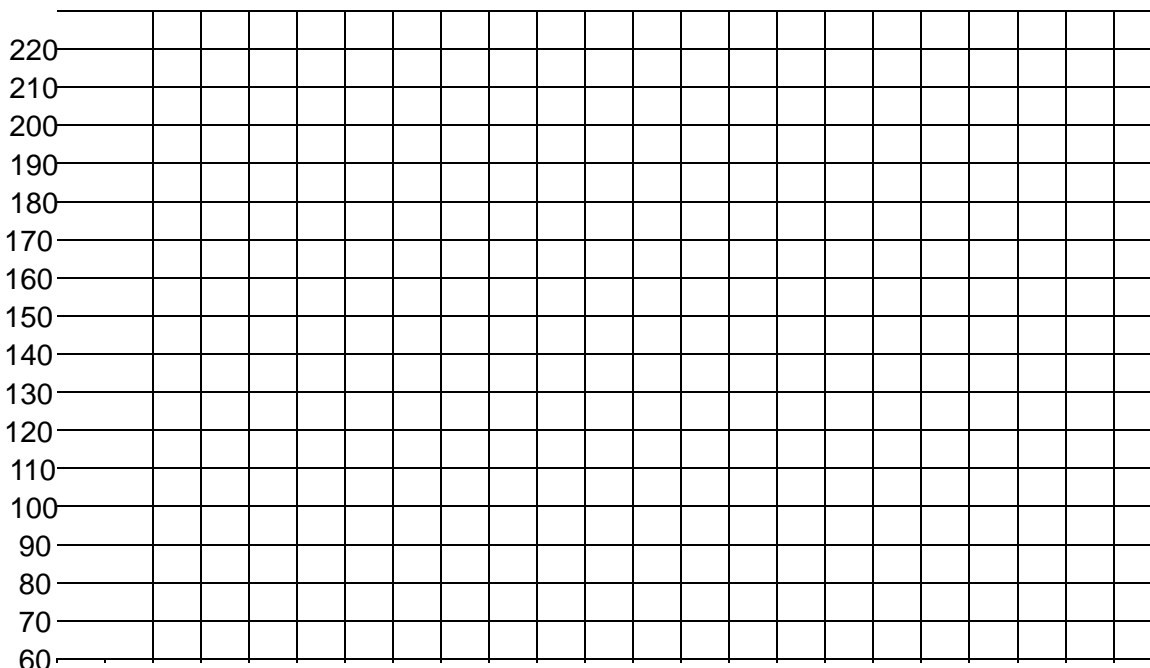
	15-19	20-29	30-39	40-49	50-59	60-65	15-19	20-29	30-39	40-49	50-59	60-65
Excellent 极好	60+	55+	50+	46+	44+	40+	55+	50+	46+	43+	41+	39+
Good 好	48-59	44-54	40-49	37-45	35-43	33-39	44-54	40-49	36-45	34-42	33-40	31-38
Average 水平	39-47	35-43	34-39	32-36	29-34	25-32	36-43	32-39	30-35	28-33	26-40	24-30
Below Average 水平以下	30-38	28-35	26-33	25-31	23-28	20-24	29-35	27-31	25-29	22-27	21-25	19-23
Poor 差	<30	<28	<26	<25	<23	<20	<29	<27	<25	<22	<21	<19

举例

陈先生今年 30 岁，他能够完成测试的四个阶段，而且心率保持不超过最大心率的 80% 及自觉运动强度 RPE 在 14 或以下水平。他的四个心数是 99、117、135 及 154 bpm，而 RPE 则是 8、10、12 及 14，将四个心数标在表格上，然后连成一条直线。若四点的位置未能连成直线的话，则以最接近该四点的直线为准。该直线的方向向上，与最大心率的水平线汇合(陈先生的最大心率是 190 bpm)。然后从该汇合点出发划一条垂直线，与底线汇合，那么汇合点的数值便是估计陈先生的最大摄氧量：大约 44 ml/kg/min，参照下列最大摄氧量的标准表格被评为“好”。

Name 姓名: _____ Age 年龄: _____ MaxHR 最大心率: _____ bpm 80% MaxHR 最大心率的 80%: _____ bpm

Heart Rate 心率 (beats/minute)



ml/kg/min 11 14 17 20 23 26 29 32 35 38 41 44 47 50 53 56 59 62 65 68 72 76

Step Level 阶段 I II III IV V

Steps per min. 每分钟台阶次数 15 20 25 30 35

Results Tables 测试结果

Step Level 阶段	I	II	III	IV	V	Date of Test 测试日期	
Heart Rate 心率						Aerobic Capacity 最大摄氧量 (ml/kg/min)	
Exertion Level 自觉运动强度						Fitness Rating 评级	

Norms for Aerobic Capacity 最大摄氧量的标准表格(ml/kg/min)

Males Age Group 男性年龄组别

Females Age Group 女性年龄组别

	15-19	20-29	30-39	40-49	50-59	60-65	15-19	20-29	30-39	40-49	50-59	60-65
Excellent 极好	60+	55+	50+	46+	44+	40+	55+	50+	46+	43+	41+	39+
Good 好	48-59	44-54	40-49	37-45	35-43	33-39	44-54	40-49	36-45	34-42	33-40	31-38
Average 水平	39-47	35-43	34-39	32-36	29-34	25-32	36-43	32-39	30-35	28-33	26-40	24-30
Below Average 水平以下	30-38	28-35	26-33	25-31	23-28	20-24	29-35	27-31	25-29	22-27	21-25	19-23
Poor 差	<30	<28	<26	<25	<23	<20	<29	<27	<25	<22	<21	<19

Rating of Perceived Exertion (RPE)

自我运动强度表

6
7 very, very light (非常轻松)
8
9 very light (很轻松)
10
11 fairly light (轻松)
12
13 somewhat hard (有些吃力)
14
15 hard (吃力)
16
17 very hard (很吃力)
18
19 very, very hard (非常吃力)
20

The RPE scale measures feelings of effort, strain, discomfort, and/or fatigue experienced to the overall body perception or the perception derived from a certain anatomical region of the body such as chest, arms and/or legs during both aerobic and resistance trainings.

It is important to follow the standard guidelines in measuring perceived exertion. These guidelines are:

- 1) It should be clear to the user that perceived exertion is a method to determine the intensity of effort, strain, and/or discomfort that is felt during exercise.
- 2) The range of sensations must correspond to the scale. For example, level 6 would refer to quietly sitting on a chair, level 9 would refer to walking gently, level 13 would refer to a steady exercising pace and level 20 would refer to the maximal level of exertion.
- 3) Since there is no right or wrong answer for rating one's perception of exertion, a fitness trainer must clearly understand the meaning of the descriptions. Careful explanation of the scale is necessary before application.
- 4) A level of 12-15 is adequate for most forms of conditioning exercises.
- 5) If a client feels short of breathe, chest tightness and/or pain. Reduce exercise intensity to around the level of 8-9.

此表用来评估整个身体或身体某一部位，例如：胸部、手臂或腿部在有氧与抗阻力运动时感受到的体力消耗、疲劳及不适感觉。

使用该强度表时，需注意：

- 1) 必须让使用者清楚知道该表格是用于判断运动时身体感受到的强度、疲劳及不适感觉。
- 2) 感觉范围要与级数配合。例如：6级代表平静地坐着休息时的感觉、9级代表轻松散步、13级代表节奏稳定的运动、20级代表最大强度、最辛苦。
- 3) 在使用该表格时，并没有对与错分。因此教练必须清楚的知道该表格级别的含义，并向客户准确解释使用方法。
- 4) 12至15级的强度对大部份运动来说已经足够。
- 5) 如果客人感到气促、胸口收紧和疼痛，请把运动强度降低到8至9级。

体脂比例 Body composition

Category 评级	Men 男性	Women 女性
Essential Fat 重要脂肪	2% - 5%	10% - 13%
Competitive Athletes 运动员	6% - 13%	14% - 20%
General Health 一般健康	14% - 17%	21% - 24%
Acceptable 可接受	18% - 24%	25% - 31%
Obese 肥胖	25% or above 25%或以上	32% or above 32%或以上

血压 Blood Pressure

Category 类型	Systolic BP(mmHg) 心缩压	Diastolic BP(mmHg) 心舒压
Optimal 理想	<120	<80
Prehypertension 前期高血压	120-139	80-89
Stage I hypertension 轻度高血压	140-159	90-99
Stage II Hypertension 中度高血压	160-179	100-109
Stage III Hypertension 严重高血压	>180	>110

俯卧撑测试标准 Push-up

	Age and Gender 年龄及性别									
	20-29		30-39		40-49		50-59		60-69	
	男	女	男	女	男	女	男	女	男	女
Excellent 极佳	36	30	30	27	25	24	21	21	18	17
Very good 非常好	35	29	29	26	24	23	20	20	17	16
	29	21	22	20	17	15	3	11	11	12
Good 良好	28	20	21	19	16	14	12	10	10	11
	22	15	17	13	13	11	10	7	8	5
Fair 一般	21	14	16	12	12	10	9	6	7	4
	17	10	12	8	10	5	7	2	5	2
Needs Improvement 需要提高	16	9	11	7	9	4	6	1	4	1

卷腹测试标准 Curl-up

Age and Gender 年龄及性别						
	<35 男	<35 女	35-44 男	35-44 女	>45 男	>45 女
Excellent 极佳	60	50	50	40	40	30
Good 良好	45	40	40	25	25	15
Fair 一般	30	25	25	15	15	10
Poor 不良	15	10	10	6	5	4

坐式前弯测试标准 Sit and Reach

Age and Gender 年龄及性别										
	20-29		30-39		40-49		50-59		60-69	
	男	女	男	女	男	女	男	女	男	女
Excellent 极佳	40	41	38	41	35	38	35	39	33	35
Very good 非常好	39	40	37	40	34	37	34	38	32	34
	34	37	33	36	29	34	28	33	25	31
Good 良好	33	36	32	35	28	33	27	32	24	30
	30	33	28	32	24	30	24	30	20	27
Fair 一般	29	32	27	31	23	29	23	29	19	26
	25	28	23	27	18	25	16	25	15	23
Needs Improvement 需要提高	24	27	22	26	17	24	15	24	14	22

参考 Reference:

1. American College of Sports Medicine (ACSM)
2. American Heart Association(AHA)
3. National Heart, Lung, and Blood Institute (NHLBI)
4. American Council on Exercise (ACE)
5. Canadian Society for Exercise Physiology
6. Frontera WR, Dawson DM, Slovik DM. Exercise in rehabilitation medicine. 1st ed. Champaign: Human Kinetics, 1999