Worksheet: Learning to Self-Assess

Name: _____ Class: _____ Date: _____

Estimating your fitness is a form of physical fitness self-assessment. In the Fitness for Life program you will get a more accurate assessment of your physical fitness by performing specific self-assessments of many components of health- and skill-related fitness. Complete this estimate of your physical fitness and, after you have performed some of the specific self-assessments, look back to see how your estimates reflect your true fitness levels.

Part 1: Health-Related Fitness

	Good fitness zone	Marginal fitness zone	Low fitness zone
Cardiorespiratory endurance			
Muscular strength			
Muscular endurance			
Flexibility			
Body composition			
Power			

Part 2: Skill-Related Fitness

	Good fitness zone	Marginal fitness zone	Low fitness zone
Agility			
Balance			
Coordination			
Speed			
Reaction time			

1. What do you think is your best health-related fitness component? Why?

2. What do you think is your best skill-related fitness component? Why?

3. What sports or activities would you be most likely to succeed at given your best fitness components? Provide two or three possible sports or activities.