

Georgia Southwestern State University  
Department of Health and Human Performance  
**Faculty/Staff Fitness Assessment Form**

Name \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_ Race \_\_\_\_\_ Date \_\_\_\_\_

Ht. (Inches) \_\_\_\_\_ Weight \_\_\_\_\_ RHR \_\_\_\_\_ RBP \_\_\_\_\_/\_\_\_\_\_

Omron %BF \_\_\_\_\_ BioAnalogics BIA: Impedance \_\_\_\_\_ %BF \_\_\_\_\_

SSK Male: Chest \_\_\_\_\_ Ab \_\_\_\_\_ Thigh \_\_\_\_\_ Total SSK \_\_\_\_\_ %BF \_\_\_\_\_

SSK Female: Triceps \_\_\_\_\_ Suprailium \_\_\_\_\_ Thigh \_\_\_\_\_ Total \_\_\_\_\_ %BF \_\_\_\_\_

Modified Sit & Reach (in.): \_\_\_\_\_ Sit-Ups: \_\_\_\_\_ Push-Ups: \_\_\_\_\_ 1-Mile Walk \_\_\_\_\_

Muscular Strength/Endurance: Leg Extension (M=65%BW, W=50%BW) \_\_\_\_\_ reps

Bench Press (M=75%BW, W=45%BW) \_\_\_\_\_ reps

Grip Strength: Right \_\_\_\_\_ Left \_\_\_\_\_