

EUFITMOS countries

Fitness report



4965 participants



48.6%



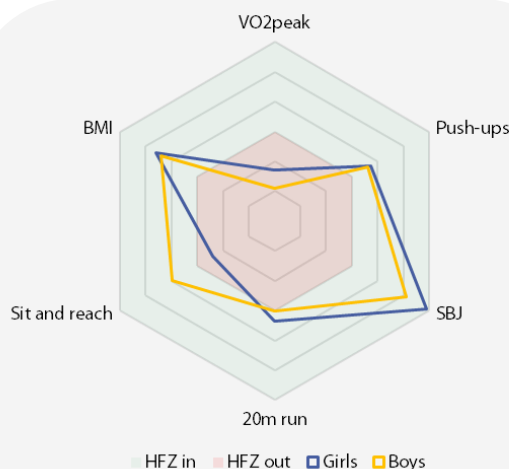
51.4%

9 to 18
years old

Methods

Data was collected by physical education (PE) teachers during PE classes in Albania, Germany, Greece, Montenegro, Portugal, Slovenia and Spain.

Fitness tests in the EUFITMOS battery are: the Progressive Aerobic Cardiovascular Endurance Run (PACER), push-up test, standing broad jump (SBJ), 20m run, sit and reach and body mass index (BMI).



Being in the green area means being on average in the HFZ. The further the line is from the red area (out of HFZ) the better the fitness profile is.

Figure 1. Fitness profile of EUFITMOS countries' boys and girls.

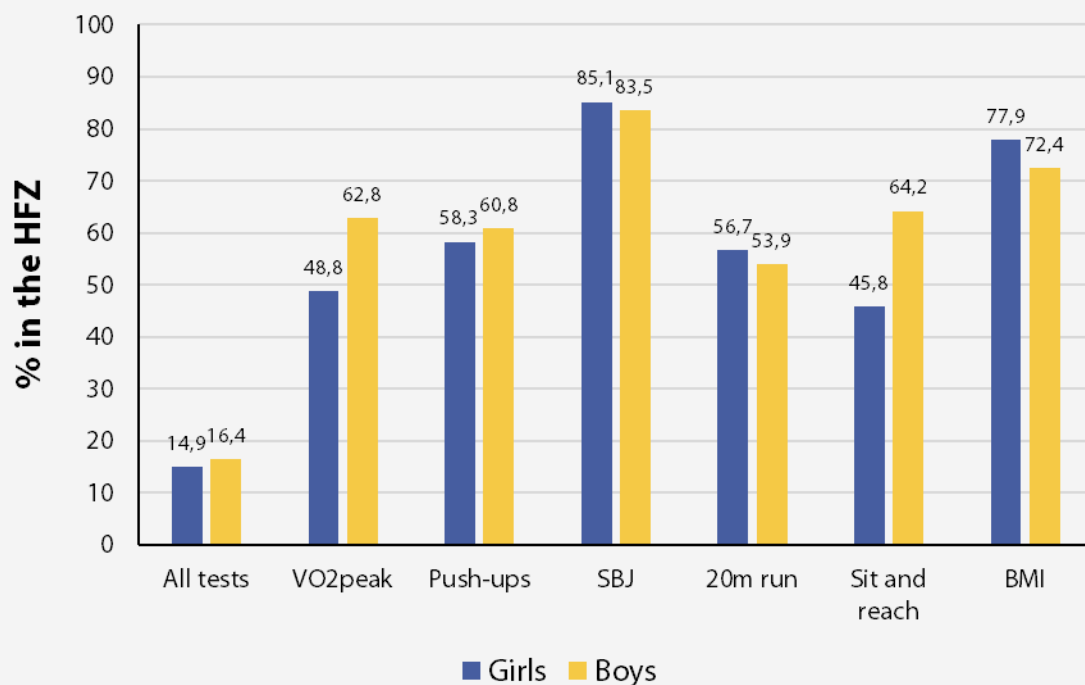


Figure 2. Prevalence of boys and girls in the healthy fitness zone (HFZ) for each fitness test and all tests simultaneously.

