

Appendix 1

Grip strength

Stand upright with your feet shoulder-width apart, arms relaxed at your sides, and grip the grip strength meter as firmly as possible, ensuring it does not make contact with your body or clothing. Perform the test twice, alternating between the right and left hands. Record the results for each side, and then average the two scores.

Sit-ups

Lie flat on your back on the mat, gently crossing your arm on your chest, and clasp your hands. At the signal “go,” raise your torso from the supine position, ensuring your elbows and thighs make contact. Then, quickly return to the initial position.

Perform as many sit-ups as possible within a 30-s period.

Trunk forward flexion

The subject sits upright, positioning both legs between the boxes with their back and buttocks pressed firmly against the wall. Place both hands with palms down, shoulder-width apart, with the center of the palms hanging over the front edge of the cardboard between the boxes.

Next, the subject slowly bends forward, keeping both hands on the cardboard, sliding the entire box forward as far as possible, and releasing the cardboard once the maximal forward bend is reached.

The test can be performed twice, recording better results.

Side steps

Stand with your feet straddling the center line. At the “start” signal, side-step to the right, crossing or stepping on the line, and then return to the center line. Repeat the process for the left side.

Continue side-stepping for 20 s, earning one point for each line you pass (right, center, left, center = 4 points). The test can be performed twice, recording better results.

20-m shuttle run

At the sound of the electronic signal, start running toward the 20-m line. If your feet cross or touch the line before the next signal, immediately turn and run back toward the starting position. The interval between the electronic signals starts gradually but shortens progressively every minute. The test ends when the participant can no longer maintain the required pace or fails to touch the line with either foot twice consecutively. The number of successful touches is recorded.

50-m run

Measure the time taken from the starting signal until the torso reaches the finish line. The starting position is a standing start (junior high school students use a crouching start). Only one attempt is allowed.

Standing long jumps

Position yourself with feet slightly apart, aligning your toes with the front edge of the takeoff line. Jump forward, taking off with both feet simultaneously. The test can be performed twice, recording the better jump.

Softball throws

Stand within a circle (2 m in diameter) drawn on the ground and throw the ball without stepping on or crossing the line. Elementary school students use softball no. 1, while junior high school students use handball no. 2.

The test allows two attempts, recording the better throw.