

Name: _____

Date: _____

FMSS ICG NAPFA

Across

4. The NAPFA Standing Board Jump is a measure of lower limb extensor muscular _____.

6. The NAPFA Pull-up/Incline Pull-up has a time limit of _____ seconds.

9. The NAPFA Sit-up test has a time limit of _____ seconds

10. All of the five static station tests in NAPFA are attempted on the _____ day.

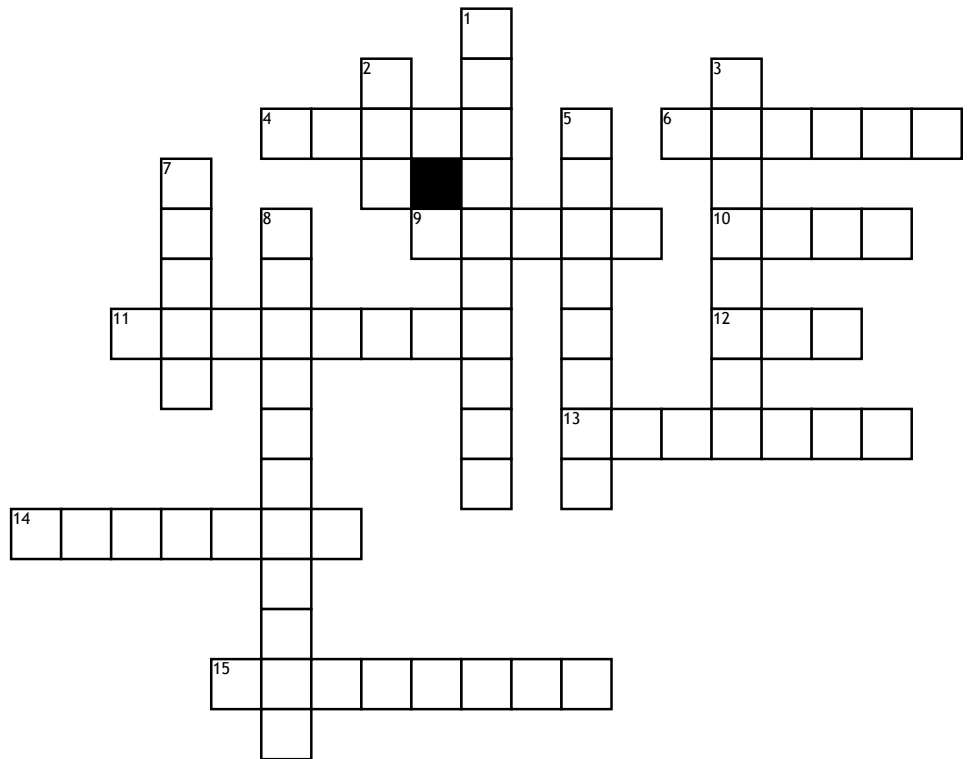
11. Pull ups and incline pull ups test individuals for muscular _____ of upper body.

12. While attempting the NAPFA Sit-up test, students must _____ their ears with their hands.

13. The purpose of the shuttle run test is used to assess speed of movement, _____ and coordination in children and adolescents.

14. The 2.4 Km run test is used to measure an individual's _____ fitness.

15. To get the fastest timing, students attempting the Shuttle-run are encouraged to make swift turns, lunge for the block and run in a _____ line.



Down

1. Knee have to remain _____ during the incline Pull-Up test.

2. To ensure a Standing Broad Jump attempt is valid, a _____ footed take-off and landing is required.

3. The NAPFA Scheme is a test of _____ fitness for Singaporeans as part of Singapore's Sports For Life programme.

5. NAPFA stands for the _____ Physical Fitness Assessment.

7. To maximise performance, individuals should refrain from attempting the NAPFA test on an _____ stomach.

8. One main factor of the NAPFA Sit and Reach test is hamstring _____.