Pol Canalda 1.1

**EVALUATION OF PHYSICAL CONDITION AND HEALTHY HABITS**

(Unluckily, I couldn’t do all the tests due to my last ankle injury).

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| TEST | MARK(actual/last year) | OUT OF 10 | VALORATION |
| SPEED | 4,52 s/5,44s | 10 | I think I’ve got speed, although it could be improved. |
| LENGHT JUMP | 2,27m/2,09m | 7-7,5 | Thinking of my stature, I think it’s a good mark |
| ABDOMINAL STRENGHT | 31/39 | 8,5 | I didn’t give my 100% in this test, I think I could’ve done a lot better. |
| ARM STRENGHT | 8/- | There’s no scale | In overall, I should improve my arm strength. |
| STAMINA (COURSE NAVETTE) | 14,5 peliers | 10 | Despite finishing the test, I think I could have continued running. |

Looking at the physical condition scales, my level is pretty good, especially in speed and stamina. As for the other aspects, I should work on them in order to improve.

These results show the consequences of having healthy habits. I’ve been playing basketball for 7 years and training 3 times a week. It is obvious that this sport has helped me to increase my physical capacities. I think I follow good healthy habits, but as everything, I could increase the level and do more activities, such as running, participate in running races, go to the gym...