

EVALUATION OF PHYSICAL CONDITION AND HEALTHY HABITS

Results and equivalent grades

Physical activity	Test		Last year results	Equivalent grade	This year results	Equivalent grade
Resistance	Cooper test		(22,3) 2300	10	-	-
	Course Navette		11	10	9	8
Speed	30m		-	-	6,10	10
Strength	Arms	Floor flexs 30"	21	8	20	10
		Stick flexs	3	4	2	4
		Medicine ball throw	5,5m	6	-	-
	Legs	Long jump	1,70m	7	1,70m	6,5
	ABS	Flexs 30"	32	9,5	40	10
Flexibility	Seat an reach		12cm	6,5	45cm	10
Agility	5x10m		15,9s	10	15,3s	10

Findings valuation

As we can observe on the results, my strength is speed and agility. I have lost resistance. When I train physical activities, our team is more focused on resistance than strength. On strength sessions, we usually work on leg strength. We realize "multijumping" exercises among other things. These are designed to improve high jump, thought for the rebound. One way or another, we exercise arm strength by bouncing or throwing the ball to the basket.

I have to emphasise my flexibility, it improved significantly. Maybe it is caused by stretching every time after a training session. Although, it isn't a very important aspect to keep in mind. I'm glad for having agility because it is very useful when we play basketball. Unconsciously, I practiced it every day at the trainings.

From my point of view, I need to practise arm strength, which is my weakness. About ABS, it can get better with practice. Also, I will continue practising the resistance because I don't want to resign myself.

Finally, I'm doing sport almost every day, I play basketball four times a week. I go to school by walking, too. I have a balanced diet and I drink around 2 liters of water daily. I have become accustomed to drinking water right when I get up. Also, I usually sleep 8 hours, which are recommended. These are positive, healthy habits. However, I want to eat dark chocolate instead of milk chocolate, this way I can forget milk chocolate which is worse.