IFIS was originally design and validated under the umbrella of the HELENA study, original reference: Ortega et al. The International Fitness Scale (IFIS): usefulness of self-reported fitness in youth. Int J Epidemiol 2011;40:701-1. Versions of IFIS in different languages and for different age groups are available at: http://profith.ugr.es/IFIS





SELF-REPORTED PHYSICAL FITNESS

It is very important that you do this test by yourself without taking into account the answers given by your classmates. Your answer is only useful for the progress of science and medicine. Please answer all the questions and do not leave any blank. Mark only one answer per question, and more important: be sincere. Thank you for your cooperation.

Please try to think about your level of physical fitness (compared to your friends) and choose the right option.

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Your general physical fitness is:
Very poor
Poor
Average
Good
Very good
Your cardiorespiratory fitness (capacity to do exercise, for instance running, for a long time) is:
Very poor
Poor
Average
Good
Very good
Your muscular strength is:
Very poor
Poor
Average
Good
Very good
Your speed / agility is:
Very poor
Poor
Average
Good
Very good
Your flexibility is:
Very poor
Poor
Average
Good
Very good
THANK YOU FOR YOUR TIME AND PARTICIPATION



