

# COUNCIL OF EUROPE

## COMMITTEE OF MINISTERS

---

RECOMMENDATION No. R (87) 9

### OF THE COMMITTEE OF MINISTERS TO MEMBER STATES

### ON THE EUROFIT TESTS OF PHYSICAL FITNESS

*(Adopted by the Committee of Ministers on 19 May 1987  
at the 408th meeting of the Ministers' Deputies)*

The Committee of Ministers, under the terms of Article 15.b of the Statute of the Council of Europe,

Recalling that the aim of the Council of Europe is to achieve a greater unity between its members for the purpose, *inter alia*, of facilitating their social progress by agreements and common action in social, cultural and scientific matters;

Recalling its Resolution (70) 7 on the medical aspects of sport, particularly Sections I on "Sports curricula in the schools" and III on "Biological and psychological assessment of aptitude for different sports";

Recalling its Resolution (73) 27 on the establishment of sports medicine centres, particularly Section B.II.1 of Appendix C on equipment for diagnosis and assessment of aptitude for physical exertion;

Recalling its Resolution (76) 41 on the principles for a policy of sport for all (the "European Sport for All Charter"), particularly Article III of the appendix which states that "sport, being an aspect of socio-cultural development, shall be related at local, regional and national levels to other areas of policy-making and planning, such as education, health, social service,...";

Considering that physical fitness is an important component, not only of sport and physical education, but also of health and health education, and is necessary for a state of general well-being;

Considering that precise and reliable measures of physical fitness are of great value to individuals, to educators and to policy-makers, all of whom need them as an essential basis for working out any programme or policy aimed at improving individual or general levels of fitness;

Considering that the teaching of, and learning about, physical fitness can make an important contribution to each person's own self-knowledge and motivation to keep fit, and to the educative process generally;

Considering that the testing, under controlled conditions, of the physical fitness of children will provide important data to be used for the working out of national policies connected with children, health, nutrition, physical education and sport;

Considering that Eurofit provides a simple and practical set of tests of physical fitness, suitable for widespread use amongst school-aged children, and that it is designed, *inter alia*, to realise the objectives set out above, by providing knowledge of the condition of physical fitness amongst a wide range of school-aged children in each state,

- I. Recommends the governments of member states :
- i. to adopt—or to take steps leading to the adoption of—the Eurofit tests of physical fitness as set out in the appendix to this recommendation, for the purpose of measuring and assessing the physical fitness of school-aged children (in the range from 6/7 to 16/18 years old);
  - ii. to take whatever steps may prove to be appropriate in the light of the knowledge obtained from the application of Eurofit in order to :
    - a. maintain or improve the basic standard of physical fitness amongst children, paying particular attention to those children or groups of children who are shown to have a low average level of physical fitness,
    - b. obtain data which may be used for a better co-ordination of policies concerning physical education, sport, health and health education,
    - c. alert others besides physical education teachers, including the children themselves, parents, schools, sports clubs, etc., to their several and mutual responsibilities in maintaining a reasonable standard of physical fitness amongst those committed to their charge;
  - iii. to ensure proper co-ordination between all the bodies which may be concerned with the implementation of Eurofit at national, regional or local levels (for example ministries responsible for education and sport, school health authorities), and to encourage sports organisations to be associated with the implementation of Eurofit;
  - iv. to enable the appropriate authorities and schools to obtain the material required for the Eurofit tests;
  - v. to arrange, where appropriate in conjunction with other member states, for the initial training of physical education teachers to include physical fitness testing, and for an adequate in-service training of those persons who may carry out the Eurofit tests;
  - vi. to set up a sufficient number of research units capable of carrying out the entire range of tests for national survey purposes in order to obtain objective data and to establish national reference tables for use at national level;
  - vii. to make arrangements for the collection and interpretation of the data resulting from the Eurofit tests and for their dissemination, so that appropriate national reference values may be established and used for follow-up purposes;
  - viii. to aim for each child in school to be assessed regularly, and preferably at least once a year, through the Eurofit tests, and to consider increasing the allocation of time given to the physical education curriculum in order to achieve this;
  - ix. to take appropriate steps for the translation and distribution of the handbook describing the Eurofit tests and their administration amongst the appropriate authorities, physical educationists and sports organisations;
- II. Instructs the Secretary General to transmit this recommendation to :
- a. the governments of states parties to the European Cultural Convention which are not members of the Council of Europe;
  - b. the Directors General of the United Nations Educational, Scientific and Cultural Organisation and of the World Health Organisation.

Appendix to Recommendation No. R (87) 9

Eurofit tests of physical fitness

| <b>Dimension</b>               | <b>Factor</b>   | <b>Eurofit Test</b>   |
|--------------------------------|---|---|
| Cardio-respiratory endurance   | Cardio-respiratory endurance  | Endurance shuttle run (ESR)<br>Bicycle ergometer test (PWC 170) |
| Strength                       | Static strength   | Hand grip (HGR)   |
|                                | Explosive power   | Standing broad jump (SBJ)                                       |
| Muscular endurance             | Functional strength   | Bent arm hang (BAH)   |
|                                | Trunk strength  | Sit-ups (SUP)   |
| Speed                          | Running speed - agility   | Shuttle run : 10 × 5 metres (SHR)                               |
|                                | Speed of limb movement  | Plate tapping (PLT)   |
| Flexibility                    | Flexibility   | Sit and reach (SAR)   |
| Balance                        | Total body balance  | Flamingo balance (FLB)  |
| <b>Anthropometric measures</b> | Height (cm) :   |   |
|                                | Weight (kg) :   |   |
|                                | Body fat (5 skinfolds : biceps ; triceps ; subscapular, suprailiac, calf) : |   |
| <b>Identification data</b>     | Age (years, months) :   |   |
|                                | Sex :   |   |