

HOOFSTUK 6

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BYLAAG A
DATAKAART: SENIOR NETBALSPELERS

ALGEMENE INLIGTING							
Naam							
Van							
Posadres							
Poskode							
Geboortedatum (jjjj-mm-dd)							
Toetsdatum: (jjjj-mm-dd)							
Ouderdom (slegs twee getalle)							
Speel Posisie							
Beste Prestasie in Netbal							

KINANTROPOMETRIESE TOETSE					
Liggaamsmassa (kg)				.	
Liggaamslengte (cm)				.	
Triseps (mm)			.		
Subskapulêr (mm)			.		
Supraspinaal (mm)			.		
Abdominaal (mm)			.		
Frontale Dy (mm)			.		
Mediale kuit (mm)			.		

FISIEKE TOETSE					
SOEPELHEID					
Gemodifiseerde sit-en-reik (cm)				.	
AEROBIESE KAPASITEIT					
Multi vlak toets (vlak:kategorie)				:	

ABDOMINALE KRAG						
7-vlak opsitstoets (vlakke)						
ABSOLUTE KRAG						
Platborsstoot ('bench press') (kg)				.		
Hurksit ('squat') (kg)				.		
BOLYFKRAG-UITHOUVERMOE						
Opstote (reps)				.		
MOTORIESE TOETSE						
RATSHEID						
505 toets: Regs (sek)				.		
Links (sek)				.		
SPOED						
20m (sek)				.		
EKSPLOSIEWE KRAG						
Seargent sprong (cm)				.		