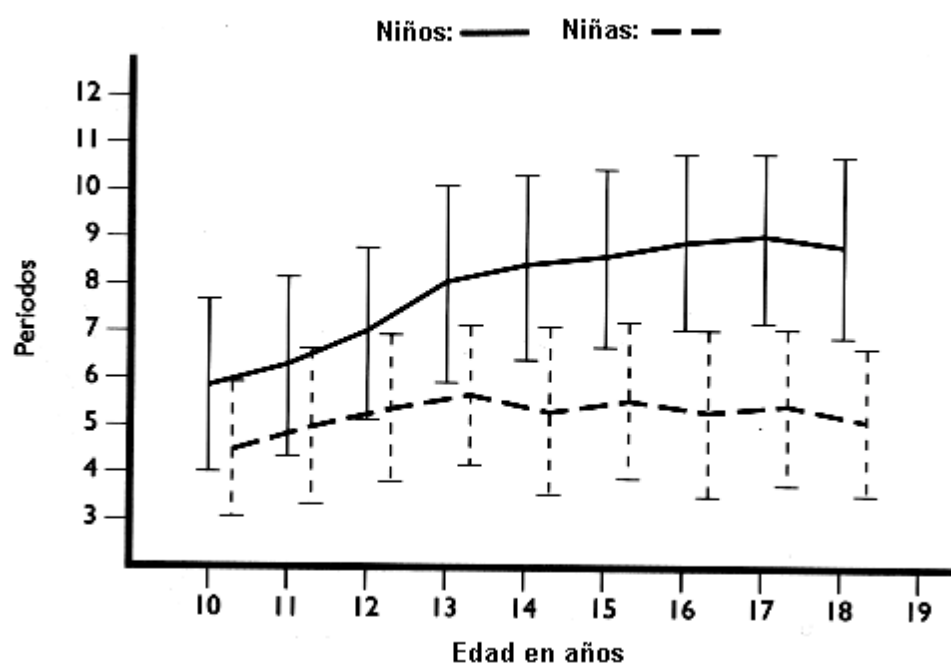


## LA BATERÍA *EUROFIT*

### TABLAS DE PERCENTILES POR EDAD Y SEXO

Prueba: "COURSE NAVETTE" (1')



(Versión catalana)

*EUROFIT, La Bateria Eurofit a Catalunya*. Ed. Direcció General de l'Esport (Departament de la Presidència de la Generalitat de Catalunya). 1a edició, Barcelona, octubre de 1993.  
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**Población de Catalunya**

**(Spain)**

Tabla 16. PERCENTILES: NIÑOS DE 10 AÑOS

	Peso kg	Altura cm	"Plate tapping" s	Flexión de tronco cm	Velocidad 10 x 5 m s	Flexión de brazos s	Salto horizontal cm	Abdominales en 30 s repeticiones	Dinamometría manual kg	"Course navette"(1) periodos
1	25,2	126,0	23"3/10	4,0	26"2/10	0"0/10	97	8	10,0	2,5
5	26,8	131,0	19"6/10	9,0	24"4/10	0"0/10	112	10	12,0	3,0
10	27,5	132,0	18"5/10	11,0	23"4/10	1"1/10	120	12	13,0	3,5
15	28,2	133,0	17"8/10	12,0	23"0/10	2"2/10	125	13	14,0	4,0
20	29,2	134,0	17"2/10	13,0	22"3/10	4"1/10	130	14	14,5	4,5
25	30,0	135,0	16"5/10	14,0	21"9/10	5"5/10	131	15	15,0	4,5
30	30,5	135,0	16"1/10	15,0	21"5/10	6"4/10	135	15	15,5	4,5
35	31,2	136,0	15"7/10	16,0	21"1/10	7"4/10	138	15	16,0	5,0
40	31,8	137,0	15"3/10	17,0	20"9/10	8"6/10	140	16	16,0	5,5
45	32,5	138,0	15"0/10	18,0	20"7/10	9"5/10	140	17	16,5	5,5
50	33,0	139,0	14"5/10	19,0	20"4/10	10"8/10	143	17	17,0	5,5
55	34,0	140,0	14"3/10	19,0	20"1/10	12"4/10	145	18	17,0	6,0
60	34,5	141,0	14"0/10	20,0	19"9/10	13"4/10	149	18	17,5	6,0
65	35,4	142,0	13"9/10	21,0	19"6/10	14"3/10	150	19	18,0	6,5
70	36,2	143,0	13"5/10	22,0	19"4/10	16"3/10	150	19	18,5	7,0
75	37,3	144,0	13"3/10	22,0	19"1/10	18"2/10	152	20	19,0	7,0
80	38,4	145,0	13"0/10	23,0	18"8/10	20"0/10	157	21	19,0	7,5
85	40,0	145,0	12"7/10	24,0	18"6/10	20"7/10	159	22	20,0	7,5
90	43,0	147,0	12"2/10	25,0	18"4/10	23"9/10	161	23	20,0	8,5
95	49,3	149,0	11"7/10	26,5	17"7/10	29"9/10	168	26	21,0	8,5
99	53,5	154,0	10"0/10	29,5	17"1/10	47"0/10	175	29	25,0	10,0

Tabla 17. PERCENTILES: NIÑAS DE 10 AÑOS

	Peso kg	Altura cm	"Plate tapping" s	Flexión de tronco cm	Velocidad 10 x 5 m s	Flexión de brazos s	Salto horizontal cm	Abdominales en 30 s repeticiones	Dinamometría manual kg	"Course navette"(1) periodos
1	23,6	126,0	21"0/10	8,4	28"3/10	0"0/10	90	4	9,5	1,0
5	26,0	130,0	18"9/10	14,0	25"5/10	0"0/10	110	8	11,0	2,5
10	28,0	131,5	18"0/10	15,0	24"4/10	0"0/10	114	10	12,0	2,5
15	28,6	133,0	17"2/10	17,0	24"0/10	0"0/10	118	11	12,5	3,0
20	29,8	134,0	16"5/10	18,0	23"6/10	0"6/10	122	12	13,0	3,5
25	30,5	135,0	16"0/10	20,0	23"1/10	1"5/10	125	12	13,5	3,5
30	31,0	135,5	15"5/10	21,0	22"5/10	2"4/10	126	13	14,0	3,5
35	32,0	136,5	15"2/10	21,0	22"0/10	3"1/10	129	13	14,0	4,0
40	32,8	137,0	15"0/10	22,0	21"7/10	4"3/10	130	14	15,0	4,0
45	33,5	138,0	14"6/10	22,5	21"5/10	5"0/10	130	14	15,0	4,0
50	34,4	139,0	14'14/10	23,0	21"3/10	6"3/10	133	15	15,5	4,5
55	35,0	139,0	14"1/10	24,0	21"0/10	7"2/10	135	15	16,0	4,5
60	36,0	140,0	13"9/10	24,0	20"9/10	8"1/10	139	16	16,0	5,0
65	37,0	141,0	13"6/10	25,0	20"5/10	9"1/10	140	17	16,5	5,0
70	38,0	141,5	13"3/10	26,0	20"2/10	9"9/10	142	17	17,0	5,0
75	39,5	142,0	13"0/10	27,0	19"9/10	11"0/10	145	18	17,5	5,5
80	41,0	144,5	12"8/10	27,0	19"7/10	12"5/10	148	19	18,0	5,5
85	43,5	146,0	12"5/10	28,0	19"5/10	14"2/10	150	20	19,0	6,0
90	45,8	148,0	12"2/10	29,0	19"1/10	17"3/10	154	21	19,5	6,5
95	48,0	150,0	11"9/10	30,0	18"6/10	21"5/10	159	24	21,0	7,0
99	58,0	154,0	11"0/10	32,0	16"9/10	31"3/10	170	28	26,0	7,5

Tabla 18. PERCENTILES: NIÑOS DE 11 AÑOS

	Peso kg	Altura cm	"Plate tapping" s	Flexión de tronco cm	Velocidad 10 x 5 m s	Flexión de brazos s	Salto horizontal cm	Abdominales en 30 s repeticiones	Dinamometría manual kg	"Course navette"(1) periodos
1	26,8	130,0	18"6/10	0,0	27"9/10	0"0/10	108	6	12,0	2,0
5	28,8	132,5	17"5/10	9,0	24"6/10	0"0/10	115	11	13,5	3,0
10	30,3	135,0	16"5/10	11,0	23"7/10	1"1/10	128	13	14,0	4,0
15	31,4	137,0	16"0/10	13,0	22"6/10	2"8/10	131	14	15,0	4,0
20	32,3	138,0	15"5/10	14,0	21"9/10	4"5/10	135	15	16,0	5,0
25	33,0	139,5	15"1/10	15,0	21"4/10	6"1/10	138	16	16,0	5,0
30	34,0	141,0	14"7/10	16,0	21"0/10	6"9/10	139	17	17,0	5,0
35	34,6	141,5	14"5/10	16,0	20"7/10	8"2/10	140	17	17,0	5,5
40	35,5	142,0	14"2/10	17,0	20"3/10	9"7/10	144	18	17,5	5,5
45	36,8	143,0	13"9/10	18,0	20"1/10	10"5/10	146	19	18,0	6,0
50	37,2	144,0	13"6/10	19,0	19"8/10	12"2/10	150	19	18,5	6,0
55	38,0	144,5	13"3/10	20,0	19"5/10	13"5/10	150	20	19,0	6,5
60	38,5	145,0	13"1/10	20,0	19"4/10	15"2/10	153	20	20,0	7,0
65	39,5	146,0	12"9/10	21,0	19"2/10	16"0/10	156	20	20,0	7,0
70	40,0	146,5	12"5/10	22,0	19"0/10	17"2/10	158	21	20,5	7,5
75	41,5	147,0	12"3/10	23,0	18"8/10	20"1/10	160	22	21,0	7,5
80	43,4	148,0	12"1/10	24,0	18"5/10	23"1/10	162	22	21,5	8,0
85	45,0	149,0	12"0/10	25,0	18"0/10	25"9/10	165	24	22,5	8,5
90	47,0	151,0	11"9/10	26,0	17"6/10	31"2/10	170	27	24,0	9,0
95	50,0	153,0	11"1/10	29,5	17"2/10	39"2/10	179	28	26,0	9,5
99	56,5	158,0	9"9/10	31,5	16"5/10	58"0/10	190	32	27,5	10,0

Tabla 19. PERCENTILES: NIÑAS DE 11 AÑOS

	Peso kg	Altura cm	"Plate tapping" s	Flexión de tronco cm	Velocidad 10 x 5 m s	Flexión de brazos s	Salto horizontal cm	Abdominales en 30 s repeticiones	Dinamometría manual kg	"Course navette"(1) periodos
1	25,0	129,0	18"1/10	9,0	25"8/10	0"0/10	105	4	10,0	2,0
5	29,0	134,0	16"6/10	14,0	24"0/10	0"0/10	110	9	12,0	2,5
10	32,0	136,5	15"5/10	15,5	23"3/10	0"0/10	118	10	13,0	3,0
15	33,0	138,0	15"0/10	16,0	22"8/10	0"7/10	120	11	14,0	3,5
20	33,6	140,0	14"8/10	18,0	22"3/10	1"5/10	125	12	15,0	3,5
25	34,8	141,0	14"3/10	19,0	22"0/10	2"1/10	129	13	15,0	3,5
30	35,9	142,5	14"1/10	20,0	21"7/10	2"8/10	130	13	16,0	4,0
35	36,5	144,0	13"9/10	21,0	21"4/10	3"4/10	134	14	16,5	4,0
40	37,7	145,0	13"7/10	22,0	20"9/10	4"7/10	136	15	17,0	4,5
45	38,7	145,0	13"5/10	23,0	20"6/10	5"2/10	140	16	17,0	4,5
50	39,5	146,0	13"4/10	23,0	20"5/10	6"1/10	140	16	18,0	5,0
55	40,0	147,0	13"2/10	24,0	20"3/10	6"9/10	142	17	18,0	5,0
60	41,0	148,0	13"0/10	25,0	20"1/10	8"3/10	145	18	19,0	5,0
65	41,7	149,0	12"9/10	26,0	19"9/10	9"5/10	148	18	19,0	5,5
70	43,0	150,0	12"7/10	26,0	19"6/10	11"8/10	152	19	19,5	6,0
75	44,0	151,0	12"5/10	27,0	19"3/10	13"7/10	155	20	20,0	6,0
80	45,9	152,5	12"3/10	28,0	19"1/10	15"8/10	158	20	21,0	6,5
85	47,5	153,0	12"0/10	28,5	18"9/10	17"8/10	160	21	22,0	7,0
90	49,6	154,5	11"4/10	30,0	18"4/10	19"8/10	165	23	22,5	7,0
95	52,5	156,0	10"9/10	32,0	17"8/10	25"0/10	173	25	24,5	8,0
99	59,5	158,5	10"1/10	35,5	17"0/10	29"6/10	181	29	27,5	9,0

Tabla 20. PERCENTILES: NIÑOS DE 12 AÑOS

	Peso kg	Altura cm	"Plate tapping" s	Flexión de tronco cm	Velocidad 10 x 5 m s	Flexión de brazos s	Salto horizontal cm	Abdominales en 30 s repeticiones	Dinamometría manual kg	"Course navette"(1) periodos
1	28,4	133,0	17"7/10	6,0	24"4/10	0"0/10	108	12	14,0	3,0
5	31,5	136,5	16"0/10	10,0	23"0/10	1"0/10	128	14	16,0	4,0
10	32,6	140,0	15"2/10	11,0	22"5/10	2"6/10	135	15	17,0	4,5
15	33,6	141,0	14"5/10	12,0	21"9/10	4"0/10	141	16	17,5	5,0
20	35,0	142,5	14"0/10	13,0	21"1/10	5"8/10	145	16	18,0	5,5
25	35,8	144,0	13"5/10	15,0	20"6/10	7"6/10	149	17	19,0	6,0
30	37,4	145,0	13"4/10	16,0	20"5/10	9"2/10	151	17	19,5	6,0
35	38,1	146,0	13"1/10	16,0	20"1/10	10"6/10	152	18	20,0	6,5
40	39,1	147,0	13"0/10	17,0	19"8/10	12"4/10	155	19	20,0	6,5
45	40,0	148,5	12"8/10	17,0	19"5/10	13"4/10	158	20	21,0	7,0
50	41,0	150,0	12"5/10	18,0	19"2/10	14"4/10	160	20	21,0	7,0
55	42,0	150,5	12"3/10	19,0	19"0/10	15"4/10	162	20	22,0	7,0
60	42,8	151,0	12"2/10	19,5	18"8/10	16"8/10	164	21	22,0	7,5
65	44,0	152,5	12"1/10	21,0	18"5/10	17"8/10	168	21	23,0	7,5
70	45,5	153,0	12"0/10	22,0	18"4/10	19"4/10	170	22	23,5	8,0
75	47,4	154,5	11"9/10	23,0	18"1/10	22"1/10	173	23	24,5	8,0
80	49,5	156,5	11"6/10	24,0	17"8/10	25"5/10	177	24	25,0	8,5
85	50,6	158,0	11"3/10	25,0	17"6/10	28"3/10	180	25	27,0	9,0
90	53,0	160,0	11"0/10	27,0	17"2/10	32"0/10	185	25	28,5	9,5
95	56,5	164,0	10"6/10	28,0	16"7/10	43"3/10	192	28	31,0	10,0
99	64,4	166,0	9"8/10	33,0	16"1/10	55"3/10	200	32	37,0	11,0

Tabla 21. PERCENTILES: NIÑAS DE 12 AÑOS

	Peso kg	Altura cm	"Plate tapping" s	Flexión de tronco cm	Velocidad 10 x 5 m s	Flexión de brazos s	Salto horizontal cm	Abdominales en 30 s repeticiones	Dinamometría manual kg	"Course navette"(1) periodos
1	27,0	133,5	17"1/10	8,0	25"4/10	0"0/10	107	8	10,0	2,0
5	32,4	139,0	15"5/10	15,0	24"0/10	0"0/10	118	10	14,0	3,0
10	35,0	142,0	14"7/10	17,0	23"4/10	0"0/10	122	12	16,0	3,5
15	36,5	144,0	14"3/10	19,0	22"9/10	1"9/10	128	14	17,0	4,0
20	37,8	146,0	13"9/10	20,0	22"2/10	2"0/10	130	15	17,5	4,0
25	39,0	147,0	13"6/10	21,0	22"0/10	3"7/10	133	15	18,0	4,5
30	40,0	148,0	13"4/10	22,0	21"6/10	4"5/10	137	16	19,0	4,5
35	41,0	149,0	13"2/10	23,0	21"2/10	5"4/10	140	16	19,5	5,0
40	42,0	150,0	13"0/10	24,0	20"8/10	6"3/10	142	17	20,0	5,0
45	43,0	150,0	12"9/10	25,0	20"6/10	7"3/10	148	17	20,5	5,0
50	43,5	151,0	12"7/10	25,0	20"5/10	7"9/10	150	18	21,0	5,0
55	44,5	152,0	12"5/10	26,0	20"2/10	8"8/10	150	18	21,5	5,5
60	45,8	153,0	12"4/10	26,5	19"9/10	9"9/10	152	19	22,5	5,5
65	47,0	153,5	12"2/10	27,0	19"5/10	10"8/10	155	20	23,0	6,0
70	48,0	154,5	12"0/10	28,0	19"3/10	12"0/10	158	20	23,5	6,0
75	49,0	155,5	11"9/10	28,0	19"1/10	13"4/10	160	21	25,0	6,5
80	50,0	157,0	11"6/10	29,0	18"8/10	14"9/10	163	22	26,0	6,5
85	52,0	158,0	11"5/10	31,0	18"6/10	17"5/10	165	23	27,0	7,0
90	54,5	159,0	11"2/10	32,0	18"4/10	19"9/10	170	24	27,5	7,5
95	57,8	161,0	10"8/10	34,0	17"9/10	24"0/10	174	25	30,0	7,5
99	64,5	167,0	10"1/10	38,0	17"2/10	40"1/10	185	30	33,0	9,0

Tabla 22. PERCENTILES: NIÑOS DE 13 AÑOS

	Peso kg	Altura cm	"Plate tapping" s	Flexión de tronco cm	Velocidad 10 x 5 m s	Flexión de brazos s	Salto horizontal cm	Abdominales en 30 s repeticiones	Dinamometría manual kg	"Course navette"(1) periodos
1	31,4	137,0	16"0/10	4,0	23"6/10	0"0/10	N0	10	16,0	3,5
5	35,0	142,0	14"6/10	9,0	22"6/10	1"3/10	132	14	18,0	4,5
10	37,4	145,0	14"0/10	11,0	22"0/10	3"5/10	140	15	19,0	5,5
15	39,0	147,5	13"4/10	12,0	21"5/10	6"0/10	145	16	20,5	6,0
20	40,0	149,0	13"0/10	14,0	20"9/10	7"9/10	150	17	21,0	6,5
25	41,5	150,7	12"9/10	15,0	20"5/10	9"2/10	154	18	22,0	7,0
30	42,2	152,0	12"6/10	16,0	19"9/10	10"6/10	158	19	23,0	7,0
35	44,8	153,0	12"4/10	17,0	19"5/10	11"0/10	160	20	23,5	7,5
40	45,4	154,0	12"1/10	18,0	19"4/10	12"4/10	162	20	24,0	7,5
45	46,5	155,0	12"0/10	19,0	19"2/10	13"4/10	166	20	25,0	7,5
50	47,2	156,0	11"9/10	19,0	18"9/10	15"1/10	170	21	26,0	8,0
55	48,4	158,0	11"6/10	20,0	18"7/10	16"1/10	172	21	26,5	8,5
60	49,4	159,0	11"5/10	21,0	18"5/10	18"0/10	175	22	27,0	8,5
65	50,0	160,0	11"4/10	22,0	18"3/10	19"8/10	179	22	27,5	9,0
70	51,2	161,0	11"2/10	22,0	18"0/10	22"0/10	180	23	29,0	9,5
75	54,0	162,5	11"0/10	24,0	17"5/10	24"9/10	185	24	30,5	9,5
80	55,0	164,0	10"8/10	25,0	17"2/10	26"8/10	188	25	31,5	9,5
85	57,4	166,0	10"5/10	27,0	16"9/10	31"0/10	195	26	32,5	10,0
90	59,1	167,5	10"2/10	28,0	16"6/10	36"5/10	200	28	36,0	10,5
95	61,2	169,0	9"7/10	29,0	16"0/10	44"9/10	210	30	40,5	11,5
99	70,5	175,0	8"8/10	32,5	15"3/10	55"8/10	235	34	46,0	12,5



Tabla 23. PERCENTILES: NIÑAS DE 13 AÑOS

	Peso kg	Altura cm	"Plate tapping" s	Flexión de tronco cm	Velocidad 10 x 5 m s	Flexión de brazos s	Salto horizontal cm	Abdominales en 30 s repeticiones	Dinamometría manual kg	"Course navette"(1) periodos
1	32,5	141,0	16"6/10	9,0	25"6/10	0"0/10	110	7	15,0	2,5
5	35,8	145,0	14"8/10	16,0	24"0/10	0"0/10	120	12	17,0	3,5
10	39,5	147,5	13"9/10	19,0	23"0/10	0"0/10	128	13	18,0	4,0
15	41,3	149,0	13"6/10	21,0	22"5/10	1"4/10	130	14	19,5	4,0
20	42,0	150,0	13"2/10	21,0	22"0/10	2"4/10	135	14	20,0	4,5
25	43,0	151,0	13"1/10	22,0	21"5/10	3"4/10	140	15	21,0	4,5
30	44,0	152,0	12"9/10	23,0	21"1/10	4"6/10	141	16	21,5	4,5
35	44,7	152,5	12"6/10	24,0	21"0/10	5"4/10	142	17	22,0	5,0
40	45,6	153,0	12"5/10	25,0	20"6/10	6"2/10	145	17	23,0	5,0
45	46,8	154,0	12"3/10	25,5	20"4/10	6"8/10	148	18	23,0	5,5
50	48,0	154,5	12"1/10	26,0	20"0/10	7"7/10	150	18	23,5	5,5
55	48,5	155,0	11"9/10	27,0	19"9/10	8"8/10	154	18	24,0	6,0
60	49,0	156,5	11"7/10	27,0	19"6/10	9"5/10	158	19	25,0	6,0
65	50,5	157,5	11"5/10	28,0	19"4/10	11"0/10	160	20	25,0	6,0
70	52,0	158,0	11"4/10	29,0	19"2/10	11"9/10	160	20	26,0	6,5
75	53,0	159,5	11"2/10	30,0	19"0/10	14"3/10	165	20	27,0	7,0
80	54,4	161,0	11"1/10	31,0	18"8/10	16"4/10	169	21	27,0	7,0
85	55,9	162,0	10"8/10	32,0	18"5/10	18"0/10	170	22	28,0	7,5
90	57,2	164,0	10"6/10	33,0	18"1/10	20"5/10	175	23	30,0	7,5
95	60,0	165,5	10"1/10	34,0	17"5/10	25"5/10	183	26	31,5	8,0
99	72,9	168,0	9"5/10	35,0	16"8/10	40"4/10	196	30	34,0	9,0

Tabla 24. PERCENTILES: NIÑOS DE 14 AÑOS

	Peso kg	Altura cm	"Plate tapping" s	Flexión de tronco cm	Velocidad 10 x 5 m s	Flexión de brazos s	Salto horizontal cm	Abdominales en 30 s repeticiones	Dinamometría manual kg	"Course navette"(1) periodos
1	35,2	140,0	19"0/10	2,0	24"2/10	0"0/10	130	11	15,5	3,5
5	38,2	149,0	14"3/10	9,0	22"5/10	0"7/10	140	14	21,0	4,5
10	40,6	152,5	13"3/10	11,0	21"8/10	2"9/10	150	16	22,0	6,0
15	42,6	154,5	12"9/10	13,0	21"4/10	5"7/10	159	17	23,5	6,5
20	44,8	156,0	12"6/10	14,0	21"0/10	9"2/10	163	18	25,7	7,0
25	46,5	158,0	12"4/10	15,0	20"6/10	11"6/10	166	19	27,0	7,5
30	47,7	159,0	12"0/10	17,0	20"2/10	12"8/10	170	20	27,5	7,5
35	49,1	160,0	11"8/10	18,0	19"7/10	14"9/10	175	21	28,5	8,0
40	50,6	161,7	11"7/10	19,0	19"3/10	16"3/10	178	22	30,0	8,0
45	52,5	162,5	11"5/10	19,5	18"9/10	18"5/10	180	22	30,5	8,5
50	53,2	164,0	11"3/10	21,0	18"6/10	19"7/10	182	23	31,5	8,5
55	54,3	164,0	11"1/10	22,0	18"3/10	22"7/10	185	23	32,5	9,0
60	55,6	165,0	10"9/10	23,0	18"0/10	25"2/10	189	24	35,2	9,0
65	57,5	166,0	10"7/10	24,0	17"8/10	26"6/10	190	25	37,0	9,5
70	58,5	167,5	10"6/10	25,0	17"5/10	29"2/10	194	25	38,0	9,5
75	60,0	169,0	10"5/10	25,0	17"4/10	31"4/10	200	26	39,0	10,0
80	61,3	170,7	10"3/10	26,7	17"2/10	33"8/10	205	26	40,2	10,0
85	63,5	171,5	10"1/10	28,0	16"8/10	37"3/10	210	27	42,5	10,5
90	67,2	173,2	9"8/10	29,0	16"4/10	40"9/10	217	29	43,7	11,0
95	69,0	176,0	9"4/10	30,0	15"9/10	50"2/10	223	30	45,5	11,0
99	72,0	178,0	9"0/10	35,0	15"1/10	61"6/10	235	33	48,5	11,5

Tabla 25. PERCENTILES: NIÑAS DE 14 AÑOS

	Peso kg	Altura cm	"Plate tapping" s	Flexión de tronco cm	Velocidad 10 x 5 m s	Flexión de brazos s	Salto horizontal cm	Abdominales en 30 s repeticiones	Dinamometría manual kg	"Course navette"(1) periodos
1	27,6	143,0	16"5/10	0,0	29"2/10	0"0/10	90	4	15,0	1,5
5	38,5	147,0	13"9/10	14,0	24"1/10	0"0/10	121	8	18,5	2,5
10	42,2	149,5	13"6/10	18,0	23"2/10	0"0/10	128	12	20,0	3,0
15	43,2	151,0	13"3/10	20,0	23"0/10	0"0/10	135	13	21,0	3,5
20	52,0	153,0	12"9/10	21,0	22"6/10	1"8/10	138	14	22,5	4,0
25	46,0	154,0	12"7/10	22,0	21"1/10	2"8/10	140	14	23,0	4,0
30	47,6	154,0	12"4/10	23,0	21"9/10	3"6/10	143	15	24,0	4,5
35	48,4	155,0	12"2/10	24,0	21"5/10	4"9/10	146	15	24,0	4,5
40	49,0	156,0	12"0/10	25,0	21"2/10	5"8/10	148	16	25,0	4,5
45	50,0	157,0	11"9/10	26,0	21"0/10	7"1/10	151	17	25,0	5,0
50	51,9	158,0	11"s/10	27,0	20"7/10	8"0/10	154	17	26,0	5,0
55	52,5	159,0	11"5/10	27,0	20"3/10	8"5/10	158	18	26,0	5,0
60	53,4	159,5	11"3/10	28,0	20"0/10	9"2/10	160	19	27,0	5,5
65	54,5	160,0	11"0/10	29,0	19"6/10	10"9/10	162	19	27,5	5,5
70	56,0	161,0	10"9/10	30,9	19"4/10	12"3/10	165	20	28,0	6,0
75	57,2	162,0	10"8/10	31,0	19"1/10	13"9/10	166	21	29,0	6,5
80	59,0	163,0	10"5/10	32,0	18"9/10	14"9/10	171	22	30,0	7,0
85	61,0	165,0	10"2/10	33,0	18"6/10	16"5/10	178	23	31,0	7,0
90	63,0	165,0	9"9/10	35,0	18"1/10	18"6/10	185	25	32,0	7,5
95	66,0	168,5	9"8/10	37,5	17"3/10	22"2/10	190	26	34,0	8,5
99	81,0	175,0	9"2/10	40,0	15"8/10	34"9/10	214	32	37,0	10,0

Tabla 26. PERCENTILES: CHICOS DE 15 AÑOS

	Peso kg	Altura cm	"Plate tapping" s	Flexión de tronco cm	Velocidad 10 x 5 m s	Flexión de brazos s	Salto horizontal cm	Abdominales en 30 s repeticiones	Dinamometría manual kg	"Course navette"(1) periodos
1	38,3	149,0	15"5/10	4,3	24"5/10	0"0/10	135	14	23,6	4,5
5	45,0	155,0	13"6/10	9,7	21"6/10	6"0/10	165	18	28,0	5,0
10	48,1	158,0	12"9/10	11,7	20"6/10	9"6/10	172	20	29,0	6,0
15	50,0	160,0	12"6/10	15,3	19"7/10	12"1/10	177	21	30,5	6,5
20	51,0	162,0	12"3/10	17,0	19"3/10	13"3/10	180	22	33,5	7,0
25	52,0	163,0	12"0/10	18,0	18"9/10	14"8/10	184	23	35,0	7,5
30	53,4	165,0	11"9/10	19,0	18"6/10	17"3/10	188	23	36,0	7,5
35	55,0	166,0	11"6/10	20,0	18"4/10	19"9/10	193	23	6,5	8,0
40	56,5	167,0	11"5/10	20,6	18"2/10	22"0/10	197	24	37,0	8,0
45	57,1	167,0	11"2/10	21,4	17"9/10	24"1/10	199	24	38,0	8,5
50	58,5	168,0	11"1/10	22,0	17"6/10	25"8/10	201	25	0,0	8,5
55	59,6	169,0	10"9/10	22,9	17"4/10	27"2/10	204	25	0,5	9,0
60	61,4	170,0	10"8/10	23,4	17"2/10	29"1/10	207	26	42,0	9,5
65	62,9	171,0	10"6/10	24,6	17"0/10	31"6/10	210	26	43,0	9,5
70	64,0	173,0	10"4/10	25,3	16"9/10	33"8/10	213	27	44,0	9,5
75	65,1	174,0	10"1/10	26,0	16"8/10	36"9/10	215	27	45,0	10,0
80	66,5	175,0	9"9/10	27,0	16"6/10	40"1/10	219	28	46,2	10,5
85	68,0	177,0	9"7/10	28,8	16"3/10	42"7/10	222	29	48,0	11,0
90	71,0	178,0	9"4/10	31,0	16"0/10	47"4/10	230	29	52,0	11,0
95	76,0	182,8	9"1/10	33,0	15"4/10	55"4/10	241	31	54,9	11,5
99	84,4	189,0	8"6/10	46,2	12"8/10	75"9/10	261	35	59,4	12,0

Tabla 27. PERCENTILES: CHICAS DE 15 AÑOS

	Peso kg	Altura cm	"Plate tapping" s	Flexión de tronco cm	Velocidad 10 x 5 m s	Flexión de brazos s	Salto horizontal cm	Abdominales en 30 s repeticiones	Dinamometría manual kg	"Course navette"(1) periodos
1	40,0	145,4	16"8/10	12,8	23"6/10	0"0/10	120	11	19,0	1,5
5	42,5	149,0	14"6/10	18,7	21"8/10	0"0/10	132	16	21,0	3,0
10	44,8	151,0	13"6/10	20,4	21"2/10	0"0/10	143	18	22,9	3,5
15	46,0	152,1	13"2/10	23,0	20"9/10	1"9/10	149	19	24,0	4,0
20	47,6	154,0	12"6/10	24,0	20"6/10	2"8/10	151	19	25,0	4,0
25	49,0	155,0	12"4/10	25,0	20"2/10	3"9/10	155	20	25,0	4,5
30	50,0	156,0	12"1/10	25,8	20"1/10	5"2/10	160	20	27,0	5,0
35	51,0	157,0	11"9/10	26,5	19"8/10	6"2/10	160	20	27,0	5,0
40	51,4	158,0	11"6/10	27,2	19"6/10	6"7/10	163	21	28,0	5,0
45	52,0	159,0	11"4/10	27,7	19"4/10	7"8/10	165	22	28,0	5,0
50	53,0	159,5	11"3/10	28,1	19"1/10	8"3/10	169	22	29,0	5,5
55	54,0	160,0	11"2/10	29,0	19"0/10	9"3/10	170	22	29,0	5,5
60	54,7	161,0	11"0/10	29,9	18"7/10	10"8/10	172	23	30,0	6,5
65	55,8	162,0	10"8/10	30,4	18"5/10	12"4/10	174	24	30,0	6,0
70	57,0	163,0	10"7/10	31,0	18"3/10	14"1/10	176	24	31,0	6,5
75	58,0	164,0	10"6/10	32,0	18"2/10	15"8/10	180	25	31,6	6,5
80	59,5	165,0	10"4/10	32,9	17"8/10	18"2/10	182	26	32,6	7,0
85	61,0	166,0	10"2/10	34,0	17"7/10	21"0/10	186	26	34,0	7,5
90	63,0	168,0	10"0/10	35,5	17"5/10	24"4/10	190	27	35,0	8,0
95	66,9	170,0	9"5/10	37,9	17"1/10	29"7/10	201	30	36,0	8,5
99	75,3	176,5	9"1/10	41,9	16"2/10	44"7/10	220	33	41,0	10,0

Tabla 28. PERCENTILES: CHICOS DE 16 AÑOS

	Peso kg	Altura cm	"Plate tapping" s	Flexión de tronco cm	Velocidad 10 x 5 m s	Flexión de brazos s	Salto horizontal cm	Abdominales en 30 s repeticiones	Dinamometría manual kg	"Course navette"(1) periodos
1	45,1	155,0	16"8/10	7,9	26"4/10	0"5/10	150	17	26,3	3,5
5	49,1	158,0	13"1/10	11,0	21"8/10	7"0/10	168	20	30,0	6,0
10	50,9	161,0	12"5/10	14,1	19"9/10	12"6/10	181	21	32,0	6,5
15	52,0	163,0	12"1/10	16,0	19"4/10	15"2/10	188	22	34,5	7,0
20	53,9	164,0	11"8/10	17,0	18"9/10	17"6/10	190	23	36,4	7,5
25	55,5	165,0	11"6/10	18,0	18"5/10	19"5/10	195	23	37,0	8,0
30	56,5	1 66,0	11"4/10	19,7	18"2/10	21"9/10	200	24	38,0	8,0
35	57,4	167,0	11"1/10	20,5	18"1/10	23"5/10	201	25	39,0	8,5
40	58,5	1 68,0	11"0/10	21,0	17"9/10	25"3/10	203	25	40,0	8,5
45	59,7	1 69,0	10"8/10	22,0	17"7/10	27"9/10	205	25	41,0	9,0
50	61,0	1 69,0	10"5/10	23,0	17"6/10	29"6/10	209	26	42,5	9,5
55	62,0	1 70,0	10"4/10	24,1	17"4/10	30"9/10	211	26	44,0	9,5
60	63,2	171,0	10"1/10	25,0	17"2/10	33"5/10	213	27	45,0	9,5
65	64,8	173,0	10"0/10	25,7	16"9/10	35"4/10	215	27	45,5	10,0
70	66,5	174,0	9"9/10	26,6	16"7/10	38"6/10	220	28	46,1	10,0
75	67,6	1 75,0	9"7/10	27,2	16"6/10	41"5/10	221	28	47,0	10,0
80	70,0	1 75,0	9"5/10	28,2	16"3/10	44"9/10	225	29	49,0	10,5
85	7 1 ,5	1 77,0	9"3/10	30,0	16"0/10	48"0/10	228	29	51,0	11,0
90	75,2	178,0	9"2/10	31,0	15"6/10	55"0/10	233	30	53,0	11,5
95	78,0	181,0	9"0/10	33,4	15"3/10	60"8/10	245	32	55,0	11,5
99	83,0	185,0	7"8/10	37,3	14"4/10	71"3/10	280	35	60,4	13,0

Tabla 29. PERCENTILES: CHICAS DE 16 AÑOS

	Peso kg	Altura cm	"Plate tapping" s	Flexión de tronco cm	Velocidad 10 x 5 m s	Flexión de brazos s	Salto horizontal cm	Abdominales en 30 s repeticiones	Dinamometría manual kg	"Course navette"(1) periodos
1	40,3	145,0	17"8/10	10,6	25"4/10	0"0/10	119	10	20,9	2,0
5	44,6	151,0	14"3/10	17,2	22"2/10	0"0/10	135	14	22,5	2,5
10	47,0	153,7	13"1/10	20,0	21"0/10	0"0/10	142	17	24,0	3,0
15	47,8	155,0	12"9/10	23,0	20"5/10	1"0/10	147	18	25,0	3,5
20	49,0	156,0	12"7/10	24,5	20"2/10	2"6/10	150	19	25,0	4,0
25	50,0	156,0	12"3/10	25,3	20"1/10	3"4/10	153	20	26,0	4,0
30	51,0	157,0	12"0/10	26,5	19"9/10	3"9/10	156	20	26,5	4,5
35	52,0	158,0	11"8/10	27,0	19"7/10	4"7/10	158	21	27,0	4,5
40	52,6	159,0	11"7/10	27,5	19"5/10	5"6/10	160	22	27,5	4,5
45	53,4	160,0	11"4/10	28,0	19"3/10	6"7/10	162	22	28,2	5,0
50	54,5	160,0	11"2/10	28,6	19"1/10	7"6/10	165	22	29,0	5,0
55	55,2	161,0	11"0/10	29,0	19"0/10	8"6/10	168	23	30,0	5,5
60	56,2	161,0	10"9/10	30,0	18"7/10	10"2/10	172	23	30,0	5,5
65	57,0	162,0	10"8/10	30,6	18"5/10	11"6/10	175	23	31,0	6,0
70	58,0	162,9	10"5/10	31,4	18"3/10	12"8/10	178	24	31,8	6,5
75	58,6	164,0	10"4/10	32,0	18"0/10	15"1/10	181	25	32,0	6,5
80	60,0	165,6	10"2 /10	32,5	17"7/10	18"0/10	185	26	33,0	7,0
85	62,0	167,0	9"9/10	33,9	17"3/10	21"4/10	189	27	34,0	7,0
90	65,0	169,0	9"6/10	35,1	17"1/10	25"2/10	192	27	35,0	7,5
95	68,4	171,0	9"1/10	32,7	16"3/10	30"6/10	202	29	36,4	8,5
99	74,7	178,3	8"5/10	42,3	12"8/10	40"5/10	210	30	41,1	9,5

Tabla 30. PERCENTILES: CHICOS DE 17 AÑOS

	Peso kg	Altura cm	"Plate tapping" s	Flexión de tronco cm	Velocidad 10 x 5 m s	Flexión de brazos s	Salto horizontal cm	Abdominales en 30 s repeticiones	Dinamometría manual kg	"Course navette"(1) periodos
1	42,4	153,4	16"1/10	4,7	22"9/10	0"0/10	146	17	20,6	4,5
5	52,1	160,0	12"7/10	10,7	20"8/10	5"9/10	170	20	29,3	6,0
10	54,5	163,0	12"0/10	14,9	19"7/10	13"7/10	186	21	33,8	7,0
15	56,5	165,0	11"6/10	16,0	18"8/10	16"4/10	192	22	36,0	7,5
20	57,5	166,0	11"3/10	17,4	18"3/10	19"0/10	199	23	38,0	7,5
25	59,0	167,0	11"1/10	19,0	18"0/10	21"3/10	200	24	39,5	8,0
30	60,0	168,0	10"9/10	20,0	17"7/10	23"3/10	204	25	40,5	8,0
35	61,0	169,0	10"7/10	20,8	17"5/10	26"9/10	205	25	42,0	8,5
40	61,6	170,0	10"5/10	21,5	17"3/10	28"4/10	210	26	42,4	9,0
45	62,2	171,0	10"4/10	22,4	17"1/10	32"1/10	212	26	44,0	9,0
50	63,5	172,0	10"2/10	23,5	16"9/10	34"0/10	215	27	45,0	9,0
55	64,3	172,4	10"1/10	24,5	16"8/10	35"4/10	217	27	45,4	9,5
60	66,0	174,0	9"9/10	25,9	16"6/10	38"3/10	220	28	46,0	9,5
65	67,0	174,0	9"7/10	26,2	16"4/10	39"9/10	220	28	47,0	10,0
70	68,1	175,0	9"6/10	27,1	16"2/10	41"4/10	225	29	48,0	10,0
75	69,3	176,0	9"4/10	29,0	16"0/10	43"7/10	230	29	50,0	10,5
80	71,1	178,0	9"3/10	30,0	15"7/10	47"1/10	235	30	51,0	10,5
85	72,5	180,0	9"2/10	31,2	15"4/10	50"5/10	241	31	53,0	11,0
90	75,0	181,2	8"8/10	32,2	15"2/10	56"7/10	246	32	55,3	11,0
95	77,6	184,0	8"5/10	33,8	14"9 /10	63"6/10	253	34	57,5	12,0
99	86,7	190,6	7"9/10	38,6	14"4/10	81"4/10	276	44	64,1	12,8



Tabla 31. PERCENTILES: CHICAS DE 17 AÑOS

	Peso kg	Altura cm	"Plate tapping" s	Flexión de tronco cm	Velocidad 10 x 5 m s	Flexión de brazos s	Salto horizontal cm	Abdominales en 30 s repeticiones	Dinamometría manual kg	"Course navette"(1) periodos
1	42,7	148,0	16"2/10	14,0	22"7/10	0"0/10	129	13	19,9	2,5
5	46,0	150,4	14"5/10	18,8	22"1/10	0"0/10	139	16	23,0	3,0
10	47,0	153,0	13"1/10	21,2	21"2/10	0"0/10	142	17	24,5	3,5
15	49,0	155,0	12"6/10	23,5	20"9/10	2"0/10	149	18	25,0	3,5
20	49,8	156,0	12"1/10	24,5	20"6/10	3"2/10	152	19	26,0	4,0
25	50,4	157,2	11"9/10	25,4	20"2/10	4"5/10	156	20	27,0	4,0
30	51,7	158,0	11"7/10	26,1	29"9/10	5"5/10	160	20	27,0	4,5
35	52,4	158,0	11"5/10	27,0	19"6/10	6"3/10	161	21	27,5	4,5
40	53,0	159,0	11"3/10	17,6	19"4/10	7"2/10	165	21	28,0	5,0
45	54,0	160,0	11"2/10	28,1	19"1/10	8"2/10	168	21	29,0	5,0
50	55,0	161,0	11"1/10	29,0	18"9/10	10"1/10	170	22	30,0	5,5
55	56,0	161,0	10"9/10	30,0	18"7/10	11"5/10	172	23	30,0	5,5
60	56,8	162,0	10"7/10	30,7	18"5/10	12"2/10	175	24	30,6	6,0
65	58,0	163,0	10"4/10	31,5	18"3/10	13"7/10	178	24	31,0	6,0
70	59,0	164,0	10"3/10	32,0	18"1/10	15"5/10	180	25	32,0	6,0
75	60,0	165,0	10"2/10	33,0	17"8/10	16"9/10	183	25	33,0	6,5
80	61,0	166,0	10"0/10	33,5	17"4/10	18"6/10	187	26	34,0	7,0
85	62,0	168,0	9"9/10	34,4	17"2/10	22"2/10	190	27	34,0	7,5
90	64,0	170,0	9"6/10	36,0	16"8/10	25"5/10	196	27	35,0	7,5
95	67,3	171,0	9"1/10	37,9	16"4/10	32"4/10	203	29	36,0	8,5
99	72,4	176,0	8"2/10	41,7	10"5/10	45"9/10	218	34	42,5	9,5

Tabla 32. PERCENTILES: CHICOS DE 18 AÑOS

	Peso kg	Altura cm	"Plate tapping" s	Flexión de tronco cm	Velocidad 10 x 5 m s	Flexión de brazos s	Salto horizontal cm	Abdominales en 30 s repeticiones	Dinamometría manual kg	"Course navette"(1) periodos
1	43,2	151,6	19"9/10	7,4	20"9/10	0"0/10	159	16	19,6	4,0
5	51,5	162,0	13"0/10	12,9	20"2/10	9"3/10	173	20	26,0	5,5
10	55,0	163,0	12"0/10	15,6	19"7/10	14"1/10	185	21	35,0	6,5
15	57,0	165,0	11"5/10	17,5	19"3/10	16"8/10	196	22	38,0	7,0
20	58,5	166,2	11"2/10	18,4	18"7/10	18"7/10	201	23	40,0	7,0
25	60,0	168,0	11"0/10	19,7	18"5/10	22"1/10	205	24	40,7	7,5
30	61,3	168,0	10"7/10	20,4	18"0/10	24"4/10	208	25	42,0	8,0
35	62,0	169,0	10"5/10	21,1	17"7/10	25"8/10	210	25	43,5	8,0
40	63,2	170,0	10"3/10	22,6	17"3/10	27"3/10	213	26	44,2	8,0
45	64,0	171,7	10"1/10	23,4	17"0/10	29"1/10	219	26	45,0	8,5
50	65,4	172,0	10"0/10	24,0	16"9/10	31"4/10	221	27	46,5	9,0
55	66,0	173,0	9"9/10	25,0	16"7/10	34"4/10	224	28	47,0	9,0
60	67,5	174,0	9"8/10	26,4	16"5/10	37"7/10	226	28	48,0	9,5
65	68,5	174,0	9"6/10	27,4	16"3/10	40"2/10	228	29	49,4	9,5
70	70,0	175,0	9"5/10	28,4	*16"1/10	41"7/10	231	29	50,0	10,0
75	70,9	175,0	9"4/10	29,5	15"9/10	44"3/10	232	30	52,0	10,0
80	71,8	177,0	9"3/10	30,9	15"7/10	47"4/10	235	31	52,9	10,5
85	74,0	179,0	9"1/10	32,5	15"6/10	51"5/10	238	32	55,0	11,0
90	77,5	181,0	8"9/10	34,5	15"5/10	55"7/10	240	34	57,5	11,0
95	81,3	184,0	8"6/10	36,7	15"0/10	60"7/10	254	38	59,8	12,0
99	99,3	190,3	7"6/10	40,1	12"9/10	70"5/10	272	49	70,6	13,5

Tabla 33. PERCENTILES: CHICAS DE 18 AÑOS

	Peso kg	Altura cm	"Plate tapping" s	Flexión de tronco cm	Velocidad 10 x 5 m s	Flexión de brazos s	Salto horizontal cm	Abdominales en 30 s repeticiones	Dinamometría manual kg	"Course navette"(1) periodos
1	41,7	147,0	15"3/10	9,4	24"2/10	0"0/10	122	10	17,7	1,5
5	45,4	150,0	13"3/10	16,7	23"5/10	0"0/10	130	15	24,0	2,5
10	47,0	152,0	13"2/10	19,0	22"0/10	0"0/10	144	16	25,0	3,0
15	48,5	154,0	12"8/10	22,0	21"5/10	0"0/10	150	17	26,0	3,5
20	50,0	154,0	12"4/10	23,0	20"7/10	1"6/10	153	18	27,0	4,0
25	50,2	156,0	12"2/10	24,0	20"4/10	2"4/10	158	20	27,0	4,0
30	51,0	156,0	11"9/10	25,5	20"0/10	4"2/10	160	21	28,0	4,0
35	52,0	157,0	11"8/10	26,3	19"8/10	5"1/10	162	21	28,1	4,5
40	52,6	157,0	11"6/10	26,9	19"6/10	6"2/10	165	22	29,0	4,5
45	53,7	158,0	11"4/10	28,0	19"5/10	6"8/10	167	23	29,5	5,0
50	54,7	159,0	11"2/10	28,9	19"3/10	8"3/10	168	23	30,0	5,0
55	56,0	160,0	11"0/10	29,6	18"9/10	9"3/10	170	23	30,0	5,0
60	56,5	161,0	10"8/10	30,0	18"6/10	11"0/10	173	24	31,0	5,5
65	58,0	162,0	10"7/10	31,0	18"4/10	12"1/10	177	24	32,0	5,5
70	59,1	162,0	10"6/10	32,0	18"2/10	13"2/10	180	24	32,5	6,0
75	60,9	163,0	10"5/10	32,4	18"0/10	15"7/10	182	25	33,0	6,0
80	61,9	164,0	10"4/10	33,0	17"9/10	20"3/10	188	25	34,0	6,5
85	62,3	166,0	10"0/10	34,8	17"6/10	23"5/10	192	26	34,5	7,0
90	65,0	167,0	9"9/10	36,0	17"3/10	27"6/10	199	27	35,0	7,0
95	66,5	169,0	9"6/10	37,9	16"2/10	37"5/10	204	29	36,9	8,0
99	78,7	179,0	8"8/10	43,7	14"5/10	52"6/10	215	31	48,2	9,0

## RECOMENDACIONES PARA OTRAS INVESTIGACIONES

Establecer estándares referidos a normas similares a este estudio sobre la condición física es un paso importante pues permite juzgar el rendimiento de un individuo en relación con los miembros de un grupo bien definido (Población Escolar Catalana de 10 a 18 años de edad). Ahora bien, el ya citado "AAHPER Youth Fitness Test " (1958) fue readministrado en dos ocasiones (1965 y 1976). De ello, resultó una revisión de las normas, puesto que el rendimiento fue superior en cada una de las administraciones. La conclusión de estos hechos es clara, las normas no son estáticas debiendo ser revisadas cada cierto tiempo (Eckert, 1974,-cit. por Kemper,1981). Las normas que se derivan del presente estudio no deben ser tomadas como definitivas sino que deberán ser comprobadas en estudios futuros dado el carácter sincrónico de la medición y los antecedentes citados.

Efectos de las medidas repetidas con un mismo sujeto: Simons y otros,(1979) realizaron un estudio sobre el crecimiento de los niños en Lovaina. Dentro de los Análisis de los datos, encontraron que la repetición de las medidas no tenían efectos perturbadores en las 17 pruebas antropométricas del estudio, ni en cuatro de los ocho tests motores. Por contra, si los había en los cuatro tests motores restantes. Entre los que no habían efectos, se encuentran los ítems "Sit and reach" (Flexión de tronco desde sentado) y el salto vertical. Entre los que si existían efectos de aprendizaje, se halla una versión de la prueba "Plate Tapping" diferente a la de nuestro estudio (repetición es en 20 segundos). La figura muestra la incidencia del aprendizaje: un aumento casi vertical de los resultados ( de 89 a 93) conforme aumenta la practica. Estos resultados deben ser con firmados en investigaciones futuras con el fin de señalar exactamente el numero de practicas de los sujetos con el fin de que el test sea objetivo.

Existen estudios (Asmussen 1975; Kemper y Verschrur,1981) que indican que las diferencias antropométricas como la estatura y el peso pueden afectar a algunos otros ítems de condición física (fuerza, velocidad, ...). Ello justifica la inclusión de estas medidas y plantea la posibilidad de estudiar esta influencia. De hecho, la Comisión del Gobierno de Texas para la Condición Física, desarrollo un test de condición física (1977) en el que se utilizo la variable antropométrica peso, para la elaboración de normas.

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