**ชื่อ – นามสกุล** …………………………………………………………………… **ปี**............. **หมู่**............... **รหัส** ………

**การทดสอบสมรรถภาพทางกาย “ความอ่อนตัว”**

**การทดสอบความแข็งแรงของกล้ามเนื้อแบบอยู่กับที่ (Static)**

|  |  |  |
| --- | --- | --- |
| **วิธีการทดสอบ** | **ผลการทดสอบ** | **ระดับสมรรถภาพ** |
| 1. Standard Sit and reach test (cm) |  |  |
| 2. Modified Sit and reach test (cm) |  |  |
| 3. Back saver Sit and reach test (inches)  Right |  |  |
| Left |  |  |
| 4. Trunk and neck flexibility test (cm) |  |  |
| 5. Shoulder and wrist flexibility test (cm) |  |  |
| 6. Ankle extension test (cm) |  |  |

**จงตอบคำถามต่อไปนี้**

1. การทดสอบสมรรถภาพด้านความอ่อนตัวมีปัจจัยอะไรบ้างที่ต้องคำนึง

..........................................................................................................................................................................

..........................................................................................................................................................................

..........................................................................................................................................................................

..........................................................................................................................................................................

..........................................................................................................................................................................

..........................................................................................................................................................................

..........................................................................................................................................................................

..........................................................................................................................................................................

..........................................................................................................................................................................

..........................................................................................................................................................................

2. การทดสอบสมรรถภาพด้านความอ่อนตัวในแต่ละวิธีการทดสอบมีความแตกต่างกันหรือไม่ เพราะเหตุใด

..........................................................................................................................................................................

..........................................................................................................................................................................

..........................................................................................................................................................................

..........................................................................................................................................................................

..........................................................................................................................................................................

..........................................................................................................................................................................

..........................................................................................................................................................................

..........................................................................................................................................................................

..........................................................................................................................................................................

..........................................................................................................................................................................

..........................................................................................................................................................................

..........................................................................................................................................................................

..........................................................................................................................................................................

..........................................................................................................................................................................

..........................................................................................................................................................................

3. สมรรถภาพด้านความอ่อนตัวที่ดี มีประโยชน์อย่างไรบ้าง

..........................................................................................................................................................................

..........................................................................................................................................................................

..........................................................................................................................................................................

..........................................................................................................................................................................

..........................................................................................................................................................................

..........................................................................................................................................................................

..........................................................................................................................................................................

..........................................................................................................................................................................

..........................................................................................................................................................................

..........................................................................................................................................................................