
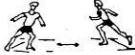








	MOPER fitness tests	Basic component	Illustration
1	Flexed arm hang	endurance strength of the arms	
2	10 x 5 m sprint	running speed	
3	10 leg lifts	trunk/leg strength	
4	50 plate tapping	arm speed	
5	Sit and reach	flexibility	
6	Arm pull	static arm strength	
7	Standing high jump	explosive strength	
8	12 min endurance run	aerobic power	

MOPER - Motor Performance Fitness
Test Battery

KEMPER, H.C.G.: Growth, Health and
Fitness of Teenagers; Karger, Basel,
1985