

Dear Students,

To assist everyone in understanding their health and physical fitness status, our university will conduct a physical fitness test this semester. Please pay attention to the following information and attend the test on time.

1. Test Schedule

From the 5th week (10/06) to the 14th week (12/12).

2. Test Target and Purpose

The test is aimed at first-year new students. The physical fitness test results will be used to determine whether a student can be exempt from the second-year physical education course and whether they meet the graduation fitness criteria. Those who pass will be exempt from the second-year physical education course and will have fulfilled the graduation physical fitness requirement. If a student does not pass, there's no need to worry; they will only need to take physical education III & IV. Upon passing these courses, they will meet the graduation requirement.

3. Test Items and Standards

There are four test items in total, including: Forward Flexion, Crunch, Standing Long Jump. ▶ The average score of the above three items must reach 60 points to pass.

The fourth item: 1600m (for males) / 800m (for females) Run/Walk .

▶ This is for testing purposes only and will not be included in the scoring.

💡 If all four items are completed, students may apply for awards (gold, silver, bronze) based on the Ming Chuan University Health and Physical Fitness Excellent Student Award Guidelines.

📄 The reference table for scores can be found on the sports office website or bulletin board (<https://physical.mcu.edu.tw>).

4. Important Reminders

The physical fitness test is not a competition; there's no need to compare yourself with other students. Please perform according to your own condition. The test is mainly to help you understand your body's condition and to promote health and fitness development. Please approach it with a calm mind and pay attention to safety.

5. Promotional Video for the Test

Ming Chuan University Physical Ability - Physical Fitness Test
(https://youtu.be/pMzL_rHNpJM)

Please follow the instructions of the physical education teachers and participate in the test according to the regulations. Prepare in advance to ensure you complete the test in a relaxed and safe manner, achieving your health promotion and graduation goals.

Best regards,

The Physical Education Office

may waive the second-year Physical Education Course.

2. Second stage recognition: First-year students with special conditions and second- and third-year transfer students shall apply for recognition after the results of sports capability assessment test in the second semester are announced. Recognized students may waive the second-year Physical Education Course.

Article 6 Exceptions:

1. Special education students evaluated and determined by Individual Support Program (ISP) of not being able to take any physical education course or special physical education course may apply as special case to waive the second-year Physical Education Course.
2. Student athletes on school teams approved by Physical Education Office may waive the second-year Physical Education Course.

Article 7 Upon being approved by Academic Affairs Committee Meeting and the president, these enforcement rules were announced and implemented. Any revision must follow the same procedure.

****In the event of any inconsistency or discrepancy between the Chinese and other language versions of this document, the Chinese version shall prevail.****

Physical Fitness Standards for Graduation (Structure 106-112)			
Test Item	Boys	Girls	Notes
Flexibility: Forward Flexion	26 cm	28 cm	
Muscular Endurance: 1-Minute Sit-ups	33 time	24 time	
Explosive Power: Standing Long Jump	212 cm	148 cm	
Cardiovascular Endurance: 1600 & 800 meters	558 sec	311 sec	

Physical Fitness Standards for Graduation (Structure 113)			
Test Item	Boys	Girls	Notes
Flexibility: Forward Flexion	26 cm	28 cm	
Muscular Endurance: Crunches	21time	15time	
Explosive Power: Standing Long Jump	212 cm	148 cm	
Cardiovascular Endurance: 1600 & 800 meters	558 sec	311 sec	Only tested, not counted in score

Physical Fitness Standards for Graduation (Structure 114)			
Test Item	Boys	Girls	Notes
Flexibility: Forward Flexion	26 cm	28 cm	
Muscular Endurance: Crunches	21time	12 time	
Explosive Power: Standing Long Jump	200 cm	148 cm	
Cardiovascular Endurance: 1600 & 800 meters	558 sec	311 sec	Only tested, not counted in score

Graduation Requirement Measures for Each Structure			
Structure Year	Required Courses	Third Stage Certification	Notes
After Structure 113	Physical Education (1) to (4)	None	If test is failed, take Physical Education (3) and (4)
Structure 112	Physical Education (1) to (4)	Retake Test	
Structure 106-111	Physical Education (1) to (6)	Retake Test	

The Reference Table for Ming Chuan University Physical Fitness Test Results(2025-2026)

Forward Flexion

Male				Female			
CM	Score	CM	Score	CM	Score	CM	Score
46	100	12	46	49	100	15	47
45	98	11	45	48	98	14	46
44	96	10	44	47	96	13	45
43	94	9	43	46	94	12	44
42	92 (Gold)	8	42	45	92	11	43
41	90	7	41	44	90 (Gold)	10	42
40	88	6	40	43	88	9	41
39	86	5	39	42	86	8	40
38	84 (Silver)	4	38	41	84 (Silver)	7	39
37	82	3	37	40	82	6	38
36	80	2	36	39	80	5	37
35	78	1	35	38	78	4	36
34	76	0	0	37	76	3	35
33	74			36	74	2	34
32	72 (Bronze)			35	72 (Bronze)	1	33
31	70			34	70	0	0
30	68			33	68		
29	66			32	66		
28	64			31	64		
27	62			30	62		
26	60 (Pass)			29	61		
25	59			28	60 (Pass)		
24	58			27	59		
23	57			26	58		
22	56			25	57		
21	55			24	56		
20	54			23	55		
19	53			22	54		
18	52			21	53		
17	51			20	52		
16	50			19	51		
15	49			18	50		
14	48			17	49		
13	47			16	48		

The Reference Table for Ming Chuan University Physical Fitness Test Results(2025-2026)

Crunch

Male				Female			
Times	Score	Times	Score	Times	Score	Times	Score
75	100	30	70 (Bronze)	63	100	30	80
74	100	29	68	62	100	29	79
73	100	28	67	61	100	28	78
72	100	27	66	60	100	27	77
71	99	26	65		100	26	76
70	98	25	64	58	100	25	75 (Bronze)
69	97	24	63	57	100	24	74
68	96	23	62	56	100	23	73
67	95	22	61	55	100	22	72
66	94	21	60 (Pass)	54	100	21	71
65	93	20	58	53	99	20	70
64	92 (Gold)	19	56	52	99	19	69
63	91	18	54	51	99	18	68
61	90	17	52	50	98	17	67
58	89	16	50	49	97	16	66
55	88	15	48	48	96	15	65
52	87	14	46	47	95	14	64
49	86	13	44	46	94	13	63
46	85	12	42	45	93	12	60 (Pass)
45	84 (Silver)	11	40	44	92	11	58
44	83	10	38	43	91	10	56
43	82	9	36	42	90 (Gold)	9	54
42	81	8	34	41	89	8	52
40	80	7	32	40	88	7	50
39	79	6	30	39	87	6	48
38	78	5	28	38	87	5	44
37	77	4	26	37	86	4	40
36	76	3	24	36	86	3	36
35	75	2	22	35	85 (Silver)	2	32
34	74	1	20	34	84	1	28
33	73	0	0	33	83	0	0
32	72			32	82		
31	71			31	81		

The Reference Table for Ming Chuan University Physical Fitness Test Results(2025-2026)

Standing Long Jump

Male								Female							
CM	Score	CM	Score	CM	Score	CM	Score	CM	Score	CM	Score	CM	Score	CM	Score
256	100	220	74(Bronze)	184	57	148	41	214	100	178	82	142	54	106	18
255	99	219	73	183	57	147	40.5	213	99.5	177	81.5	141	53	105	17
254	98	218	72	182	57	146	40	212	99	176	81	140	52	104	16
253	97	217	71	181	57	145	39.5	211	98.5	175	80.5	139	51	103	15
252	96 (Gold)	216	70	180	57	144	39	210	98	174	80 (Silver)	138	50	102	14
251	95	215	69	179	56.5	143	38.5	209	97.5	173	79.5	137	49	101	13
250	94	214	68	178	56	142	38	208	97	172	79	136	48	100	12
249	93	213	67	177	55.5	141	37.5	207	96.5	171	78.5	135	47	99	11
248	92	212	66	176	55	140	37	206	96	170	78	134	46	98	10
247	91	211	65.5	175	54.5	139	36.5	205	95.5	169	77.5	133	45	97	9
246	90	210	65	174	54	138	36	204	95	168	77	132	44	96	8
245	89	209	64.5	173	53.5	137	35.5	203	94.5	167	76.5	131	43	95	7
244	88	208	64	172	53	136	35	202	94	166	76	130	42	94	6
243	87	207	63.5	171	52.5	135	34.5	201	93.5	165	75.5	129	41	93	5
242	86.5	206	63	170	52	134	34	200	93	164	75	128	40	92	4
241	86	205	62.5	169	51.5	133	33.5	199	92.5	163	74.5	127	39	91	3
240	85.5	204	62	168	51	132	33	198	92	162	74	126	38	90	2
239	85	203	61.5	167	50.5	131	32.5	197	91.5	161	73 (Bronze)	125	37	89	1
238	84.5	202	61	166	50	130	32	196	91	160	72	124	36	88	0
237	84	201	60.5	165	49.5	129	31.5	195	90.5	159	71	123	35		
236	83.5	200	60(Pass)	164	49	128	31	194	90	158	70	122	34		
235	83	199	59.5	163	48.5	127	30.5	193	89.5	157	69	121	33		
234	82.5	198	59	162	48	126	30	192	89	156	68	120	32		
233	82	197	58.5	161	47.5	125	29.5	191	88.5	155	67	119	31		
232	81.5	196	58	160	47	124	29	190	88	154	66	118	30		
231	81	195	58	159	46.5	123	28.5	189	87.5	153	65	117	29		
230	80(Silver)	194	58	158	46	122	28	188	87	152	64	116	28		
229	79	193	58	157	45.5	121	27.5	187	86.5	151	63	115	27		
228	78.5	192	58	156	45	120	27	186	86	150	62	114	26		
227	78	191	57.5	155	44.5	119	26.5	185	85.5	149	61	113	25		
226	77.5	190	57.5	154	44	118	26	184	85	148	60 (Pass)	112	24		
225	77	189	57.5	153	43.5	117	25.5	183	84.5	147	59	111	23		
224	76.5	188	57.5	152	43	116	25	182	84	146	58	110	22		
223	76	187	57.5	151	42.5	115	24.5	181	83.5	145	57	109	21		
222	75.5	186	57.5	150	42	114	24	180	83 (Gold)	144	56	108	20		
221	75	185	57	149	41.5	113	23.5	179	82.5	143	55	107	19		

The Reference Table for Ming Chuan University Physical Fitness Test Results(2025-2026)

800m and 1600m Walk and Run

Male/1600M				Female/800M			
Secs	Score	Secs	Score	Secs	Score	Secs	Score
422	100	522	69	247	100	291	70
424	99	526	68	248	99	293	69
426	98	530	67	249	98 (Gold)	295	68
428	97	534	66	250	97	297	67
430	96 (Gold)	538	65	251	96	299	66
432	95	542	64	252	95	301	65
434	94	546	63	253	94	303	64
436	93	550	62	254	93	305	63
438	92	554	61	255	92	307	62
440	91	558	60 (Pass)	256	91	309	61
442	90	Scores between 559 to 823 seconds are all counted as 60 points.		257	90	311	60 (Pass)
446	89			258	89	Scores between 312 to 487 seconds are all counted as 60 points.	
450	88			259	88		
454	87			260	87		
458	86 (Silver)	Scores of 824 seconds and above are counted as 0 points.		261	86		
462	85			262	85 (Silver)		
466	84			263	84		
470	83			265	83		
474	82			267	82		
478	81			269	81		
482	80			271	80		
486	79			273	79		
490	78			275	78		
494	77			277	77		
498	76			279	76		
502	75			281	75		
506	74 (Bronze)			283	74		
510	73			285	73 (Bronze)		
514	71			287	72		
518	70			289	71		