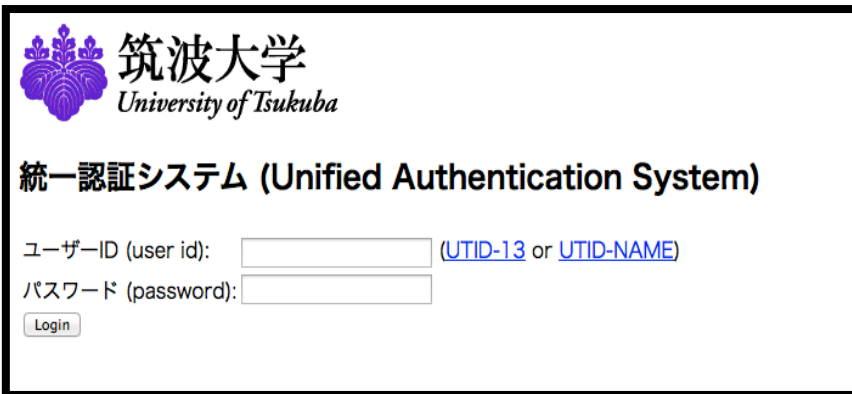


Physical fitness test Data input system Guidance

When you access system's top page,

<https://www.sapc.tsukuba.ac.jp/fitness/login>

you will be lead to Unified Authentication System.



The screenshot shows the login interface for the University of Tsukuba's Unified Authentication System. It features the university's logo and name in both Japanese and English. Below the header, the title '統一認証システム (Unified Authentication System)' is displayed. There are two input fields: one for 'ユーザーID (user id)' with a note '(UTID-13 or UTID-NAME)' and another for 'パスワード (password)'. A 'Login' button is located at the bottom left of the form area.

You are required to enter your account name ('s' +last 7 digits of student no.).

After successfully logged in you are now on system's top page.

②

Profile

By clicking 'Eng./英' display language will be changed to English.

体力測定データ登録 データ一覧 ユーザー情報

Eng./英 ログアウト

ログイン中: 学群テスト8

測定データ一覧

測定日 学年

新規登録

① click

Registration of fitness measurement List of records Profile

Records

Measured date

New record

② click

Modifying account information

Account Name s9900018

Name 学群テスト8

Student Number 209900018

College 学群テスト

Birth 1978 1

Sex Man

Agreement Disagree [About]

Register

To move forward please click 'Register'.

Birth , Sex & Agreement

③

Edit record

Registration of fitness measurement List of records

Records

Measured date

New record ← **click**



【Measured date】

New record

Measured date

Grade

Age

Subject

Period

Register ← **To move forward please click ' Register ' .**

【Figure】

Measured date **Figure** Fitness(1) Fitness(2) Questionnaire

Height cm

Weight kg

Body fat ratio %

Waist cm

Hip cm

Register ←

【 Fitness (1)】

Measured date **Figure** Fitness(1) **Fitness(2)** Questionnaire

Right grip kg Left grip kg

sit-up Times

Sitting trunk flexion cm

Side step Times

Standing long jump cm

Register ←

To move forward please click ' Register ' .

④

【Fitness(2)】

Measured date	Figure	Fitness(1)	Fitness(2)	Questionnaire
50m run		<input type="text"/>	Secs	
Handball throw		<input type="text"/>	m	
12-minute run		<input type="text"/>	m	12分間走全力度 <input type="text"/> %
20m shuttle run		<input type="text"/>	Times	
1500/1000m run		<input type="text"/>	Secs	
<input type="button" value="Register"/>				



To move forward please click ' Register ' .

【Questionnaire】

Measured date	Figure	Fitness(1)	Fitness(2)	Questionnaire
Affiliation to club		<input type="text"/>		
Frequency of exercise		<input type="text"/>		
Daily exercise		<input type="text"/>		
Do you eat breakfast?		<input type="text"/>		
Time of sleeping		<input type="text"/>		
TV viewing time		<input type="text"/>		
<input type="button" value="Register"/>				



Record

Measured date

Measured date: 2017-03-22

Grade: 3

Age: 21

Subject: Basic Physical Education Softball

Period: Mon. 3

Figure

Height: 175.0 cm

Weight: 70.0 kg

Body fat ratio: 18.0 %

BMI: 22.8 kg/m²

Waist: 68.0 cm

Hip: 82.0 cm

Waist/Hip: 0.8

Fitness

Right grip: 46.0 kg

Left grip: 45.0 kg

sit-up: 34 Times

Sitting trunk flexion: 45.0 cm

Side step: 40 Times

Standing long jump: 290 cm

Legend: ■ Your record ■ Average for fiscal 2016

For changing details please click 'Edit'