



# DATA REQUEST SURVEY

**Full Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

**Select academic year:**

2023-2024

2024-2025

2025-2026

**Select variables:**

Home City Population

Sex

Sport

Age

Maturity Offset

20mSRT Variables

Maximum heart rate (bpm)

Minimum heart rate (bpm)

Mean heart rate (bpm)

20mSRT max. period

20mSRT meters

RPE

Vo2max (Leger, 1988)

Vo2max (Matsuzaka, 2004)

Physical Fitness

Standing Long Jump (cm)

Handgrip Force Left Hand  
(kg)

Handgrip Force Right Hand  
(kg)

Anthropometric Variables

Height

Weight

Upperbody-Height

Waist Circumference

Fat (kg)

Fat-Free Mass (kg)

Bone (kg)

H2O (kg)

Metabolic Basal Rate

Right Leg Muscle (kg)

Lef Leg Muscle (kg)

Right Arm Muscle (kg)

Lef Arm Muscle (kg)

Right Leg Fat (kg)

Lef Leg Fat (kg)

Right Arm Fat (kg)

Lef Arm Fat (kg)

Mid Body Muscle Mass (kg)

Mid Body Fat (kg)

Questionnaires

Tanner Stage

IFIS Score (general, cardiorespiratory, muscular, velocity and agility and flexibility)

PAQ (METS)

Sport Experience (years)

Training (days/week)

KIDMED Score

Pittsburgh Sleep Quality Index (PSQI) Score

KINDL Score

FAS Score

Pre and Post cTnT (ng/dL)

Pre and Post Total  
Colesterol

Pre and Post HDL

Pre and Post LDL

Pre and Post Lactate

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