

Référentiel **AQP** 2015 2016

Epreuve 1 : **DEVELOPPE COUCHE**

GARCONS	100%	95%	90%	85%	80%	75%	70%	67.5%	65%	62.5%	60%	55%	50%	45%	40%
FILLES	80%	75%	70%	65%	60%	55%	50%	47.5%	45%	42.5%	40%	35%	30%	25%	20%
Coefficient X nombre de répétitions= Note/20	X1	x0.95	X 0.9	x0.85	X 0.8	x0.75	X 0.7	x0.65	X0.6	x0.55	X 0.5	x0.4	X 0.35	x0.25	X 0.2

Epreuve 2 : **SQUAT (cuisses horizontales)**

GARCONS	150%	145%	140%	135%	130%	125%	120%	115%	110%	105%	100%	95%	90%	85%	80%	75%
FILLES	115%	110%	105%	100%	95%	90%	85%	82.5%	80%	77.5%	75%	70%	65%	60%	57.5%	55%
Coefficient X nombre de répétitions= Note/20	X1	X0.95	X 0.9	X0.85	X 0.8	X0.75	X0.7	X0.65	X0.6	X0.55	X 0.5	X0.45	X0.4	X0.35	X0.25	X0.2