

FAQ

1. How many test item in the Philips JCR test

a. Three

b. Four

c. Two

d. Five

2. JCR stand for

a. Jogging, Chinning, Running

b. Jumping, Chinning, Running

c. Juggling, Climbing, Running

3. The first test item of the JCR test is

a. Shuttle Run

b. Vertical Jump

c. Chin Up