

Table 2

Some physiometric indicators of children and adolescents*

Age, years	Vital capacity, ml	Arm force, kg	
		Left	Right
Boys			
4	900–1200	3.5–7.5	4.0–8.0
5	1000–1400	5.0–10.0	6.0–10.5
6	1200–1600	6.0–10.5	8.0–12.5
7	1300–1700	8.0–11.5	10.0–12.5
8	1375–1977	12.4–18.6	12.8–20.0
9	1428–2176	14.6–21.4	16.3–22.9
10	1640–2360	16.2–22.8	17.9–24.7
11	1820–2640	18.1–24.9	22.3–30.1
12	2100–2860	20.1–28.3	21.2–32.8
13	2070–3170	19.5–30.1	22.0–32.6
14	2573–3927	22.8–35.2	26.2–39.4
15	2941–4399	26.7–41.7	30.0–48.0
16	3540–4800	32.0–45.8	36.2–51.0
17	3539–4767	34.7–46.5	40.1–54.1
Girls			
4	900–1150	3.5–6.5	3.5–7.5
5	1000–1250	4.5–8.5	4.5–9.0
6	1150–1500	5.5–9.5	6.0–11.0
7	1250–1600	7.0–9.5	7.5–12.0
8	1194–1754	10.5–15.3	11.3–16.3
9	1273–1991	12.0–17.2	12.6–18.0
10	1494–2312	12.0–18.2	12.9–19.7
11	1736–2504	14.3–21.1	15.4–22.6
12	1788–2658	15.3–23.3	16.4–25.8
13	2183–3029	18.8–27.0	20.1–30.1
14	2234–3226	19.1–27.5	20.6–30.2
15	2589–3455	19.7–27.9	22.4–32.0
16	2593–3509	20.0–29.8	22.9–32.7
17	2661–3467	21.5–30.7	22.4–34.0

*Note. * – Organization of medical control over the development and health of preschool and schoolchildren on the basis of mass screening tests and their improvement under conditions of a kindergarten, school (Methodical Manual, edited by GN Serdyukovskaya [1993]).*