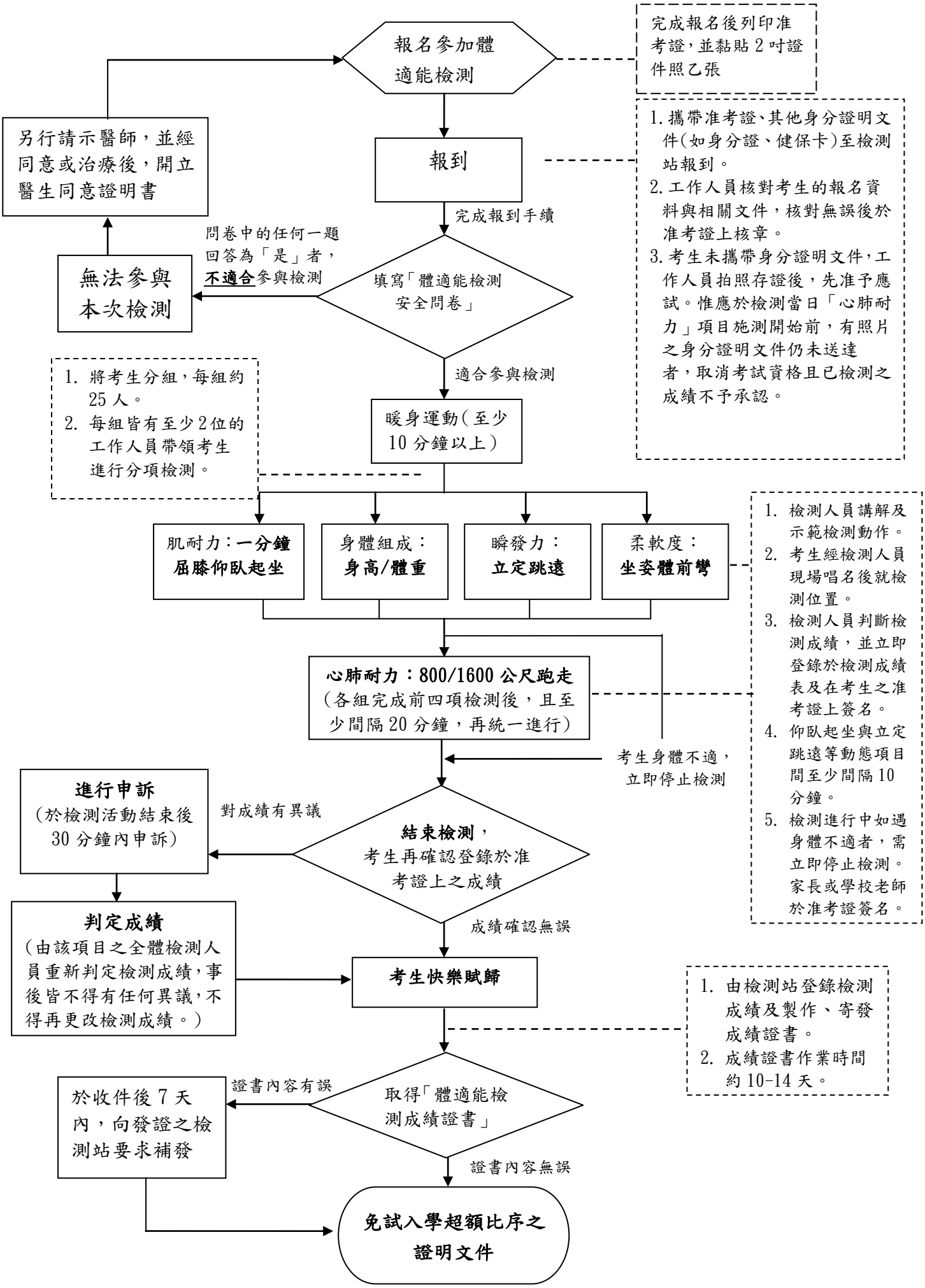體適能檢測站考生檢測流程