



Assessment Descriptions

Vertical Jump Test

This test is designed to measure your explosive leg power. All you need is a high wall, such as the outside of a building, and a bit of room so you can jump and land safely.

Start by standing side on to a wall and reach up as high as you can with the hand closest to the wall. Make note of how high you can reach. This is called the standing reach height. Then stand a little away from the wall, and jump high as possible using both arms and legs to assist in projecting the body upwards. Attempt to touch the wall at the highest point of the jump. Make note of where you touched the wall at the height of the jump. Measure the distance between the standing reach height and the maximum jump height, and that is your result.

You can assist in recording your score by holding a piece of chalk in your hand and using it to mark the wall. If the wall already has horizontal lines, such as a brick wall, it will be easier to mark your jump height. Have as many attempts as you need to get the best possible score. Practice your technique, as the jump height can be affected by how much you bend your knees before jumping, and the effective use of the arms.

Standing Long Jump (Broad Jump) Test

The Standing long jump, also called the Broad Jump, is a common and easy to administer test of explosive leg power.

Equipment required: tape measure to measure distance jumped, non-slip floor for takeoff, and soft landing area preferred. The take off line should be clearly marked.

The athlete stands behind a line marked on the ground with feet slightly apart. A two foot take-off and landing is used, with swinging of the arms and bending of the knees to provide forward drive. The athlete attempts to jump as far as possible, landing on both feet without falling backwards. The measurement is taken from take-off line to the nearest point of contact on the landing (back of the heels). Record the longest distance jumped, the best of three attempts.

Proprietary information for FamilyTimeFitness.com. Unauthorized Copies are prohibited. Activities are for paid subscribers only and are not to be shared with anyone. All material developed by FamilyTimeFitness.com is proprietary and for the viewing of subscribers only and are not to be shared or reproduced. FamilyTimeFitness.com advises everyone to consult their physician before starting any physical fitness program. All material provided on this website is provided for informational or educational purposes only.

Shuffle Pick-up Test

This test measures agility, coordination, quickness, change of direction, and body control.

Equipment required: Stopwatch, cones (markers), 5 bean bags (or small balls)

Set up 2 cones 10 feet apart. Place 5 bean bags beside one of the cones. The athlete starts at the cone opposite the bean bags. Shuffle to bean bags, pick one up, shuffle back to start and place the bean bag on the ground. Repeat until all bean bags are picked up and placed at starting spot. Record the time it takes to complete the test.

40 yard Sprint Test

The purpose of this test is to determine acceleration, maximum running speed and speed endurance. You may need to go to a field or park to do this test.

equipment required: measuring tape, stopwatch and cone markers.

The test involves running a single maximum sprint over 40 yards, with time recorded. The starting position should be standardized, starting from a stationary position with a foot behind the starting line, with no rocking movements. It is usual to give the athletes an adequate warm-up and practice first, and some encouragement to continue running hard past the finish line.

1 mile Walk/Run Test

The purpose of this test is to complete one mile in the fastest possible time. After the purpose of the test and instructions are given, the participants begin running on the count "Ready? Go!" If they desire, walking may be interspersed with running, however, they should be encouraged to cover the distance in as short a time as possible.

Variations / modifications: for younger children a shorter test can be performed, using the same procedures: 1/4 mile for 6-7 years old, and 1/2 mile for 8-9 years old.

Scoring: Note the time, in minutes and seconds, it took to complete the mile. These results can be compared to published norms for similar age groups.

Comments:

As good pacing is important to maximize their score in this test, you can help the participants learn proper pacing for the mile by conducting a trial test in the week before the actual test so that they can get a feel for the required effort, or have them run at the mile pace for short distances during warm-up time.

Squat Test

Squats measure lower body muscular strength and endurance. Stand in front of a chair or bench with your feet at shoulder's width apart, facing away from it. Place your hands on your hips. Squat down and lightly touch the chair before standing back up. A good sized chair is one that makes your knees at right angles when you are sitting. Count how many squats you can do in 1 minute.

Push-ups Test

The push-up test measures upper body muscular strength and endurance. You can do the standard pushup with only the hands and the toes touching the floor or the modified push-up. To do the modified push-up, kneel on the floor, hands on either side of the chest and keep your back straight. Do as many push-ups as possible until exhaustion. Count the total number of pushups performed.

Sit-up Test

This sit up test measures the strength and endurance of the abdominals and hip-flexor muscles. Count how many you can do in one minute.

Starting Position: Lie on a carpeted or cushioned floor with your knees bent at approximately right angles, with feet flat on the ground. Your hands should be resting with arms crossed on chest and hands on shoulders

Technique: Squeeze your stomach, push your back flat and raise high enough for your elbows to touch the tops of your knees. Don't pull with your neck or head and keep your lower back on the floor. Then return to the starting position.

Proprietary information for FamilyTimeFitness.com. Unauthorized Copies are prohibited. Activities are for paid subscribers only and are not to be shared with anyone. All material developed by FamilyTimeFitness.com is proprietary and for the viewing of subscribers only and are not to be shared or reproduced. FamilyTimeFitness.com advises everyone to consult their physician before starting any physical fitness program. All material provided on this website is provided for informational or educational purposes only.

Standing Balance Test

This is a simple balance test that can be modified to suit your situation.

Equipment required: flat, non-slip surface, stopwatch

Procedure: the person stands on one leg for as long as possible. Give the subject a minute to practice their balancing before starting the test. The timing stops when the elevated foot touches the ground or the person hops or otherwise loses their balance position. The best of three attempts is recorded. Repeat the test on the other leg.

Scoring: time the total length of time person can stay in the balance position.

Variations / modifications: to increase the degree of difficulty, the test can be conducted with the person having their arms either by their sides, held out horizontally, or on their head. You could also conduct the test with their eyes closed for each of these variations too.

Sit Reach Test

This simple test is designed to measure the flexibility of your hamstrings and lower back. The sit and reach test has long been used as a test to represent a person's flexibility, though actual flexibility may differ around the body.

Equipment: ruler, step (optional)

If you have completed the home tests in order, you will be well warmed up by the time you are up to the sit and reach test. Otherwise, go for a jog and do some stretching (see warm up for testing). Remove your shoes and sit on a flat surface, legs extended in front of the body, toes pointing up and feet slightly apart, with the soles of the feet against the base of the step (if there is no step, just any flat surface will do). Place the ruler on the ground between your legs or on the top of the step. Place one hand on top of the other, then reach slowly forward. At the point of your greatest reach, hold for a couple of seconds, and measure how far you have reached. If



you have trouble straightening you legs, get a friend to help by holding the knees down flush with the ground

Proprietary information for FamilyTimeFitness.com. Unauthorized Copies are prohibited. Activities are for paid subscribers only and are not to be shared with anyone. All material developed by FamilyTimeFitness.com is proprietary and for the viewing of subscribers only and are not to be shared or reproduced. FamilyTimeFitness.com advises everyone to consult their physician before starting any physical fitness program. All material provided on this website is provided for informational or educational purposes only.

©FamilyTimeFitness.com 2010