



School Visits – Fitness Testing

10m Sprint Test

Purpose: To measure an athlete's ability to accelerate

Equipment required: timing gates or stop watch, measuring tap

Procedure:

- Participant ready's themselves on the start-line (positioned 0.3m behind the first gates) in a standing split-stance start position.
- Participant should be counted down '3 – 2 – 1 – GO '.
- On the 'GO' signal the participant must accelerate maximally to the finish line as quickly as possible.

Scoring:

- Each participant MUST complete a minimum of three sprints, each separated by a 2-3 minute rest



Attempts	1	2	3	Average	Rating
10m Sprint					

Hand Grip Test

Purpose: To measure the maximum isometric strength of the hand and forearm muscles and also gives an indication of general strength

Equipment required: Handgrip dynamometer

Procedure:

- The subject holds the dynamometer in the hand to be tested, with the arm at right angles and the elbow by the side of the body (or with the arm down by the side of the body).
- The handle of the dynamometer is adjusted if required - the base should rest on first metacarpal (heel of palm), while the handle should rest on the middle of four fingers.
- The subject squeezes the dynamometer with maximum isometric effort, which is maintained for about 5 seconds.
- No other body movement is allowed and the subject should be strongly encouraged to give a maximum effort



Scoring:

- The best result from several trials for each hand is recorded, with at least 15 seconds recovery between each effort.

Attempts	1	2	3	Average	Rating
Hand Grip kg					

Agility T-Test

Purpose: the T-Test is a test of agility for athletes, and includes forward, lateral, and backward running. The T-Test is an effective way for coaches to assess their players' ability to change direction at speed.

Equipment required: tape measure, marking cones, stopwatch, timing gates (optional)

Procedure:

Set out four cones (10 yards and 5 yards apart)

The subject starts at cone A.

On the command of the timer, the subject sprints to cone B and touches the base of the cone with their right hand.

They then turn left and shuffle sideways to cone C, and also touches its base, this time with their left hand.

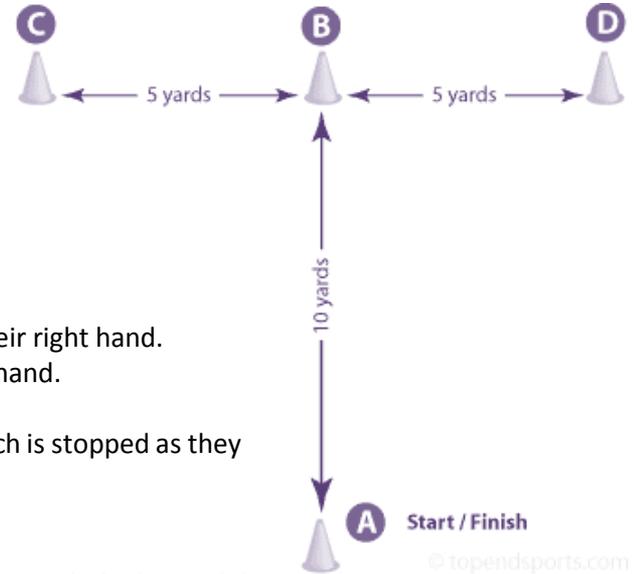
Then shuffling sideways to the right to cone D and touching the base with the right hand.

They then run back to cone B touching with the left hand, and run backwards to cone A. The stopwatch is stopped as they pass cone A.

Scoring:

The trial will not be counted if the subject crosses one foot in front of the other while shuffling, fails to touch the base of the cones, or fails to face forward throughout the test.

Take the best time of three successful trials to the nearest 0.1 seconds.



Attempts	1	2	3	Average	Rating
T-Test (s)					

Vertical Jump Test

Purpose: to measure the leg muscle power

Equipment required: Vertical/Just jump mat or measuring tap/marked wall and chalk

Procedure:

The subject steps on the mat ensuring that they do not move their feet once they are positioned on the mat.

Bending the knees the subject jumps vertically as high as possible using both arms and legs to assist in projecting upwards.

The legs must stay straight below the body.

The hand held digital unit calculates vertical jump height

Scoring:

The best result from several trials for is recorded, with at least 15 seconds recovery between each effort.

The jump height can be affected by how much you bend your knees before you jump, and the effective use of the arms, therefore these should be kept standard where possible.



Attempts	1	2	3	Average	Rating
Hold					
Without					

Standing Long Jump Test

Purpose: to measure the explosive power of the legs.

Equipment required: Commercial Long Jump Landing Mats or tape measure to measure distance jumped, non-slip floor for take-off, and soft landing area preferred.

Procedure:

The subject 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 subject attempts to jump as far as possible, landing on both feet without falling backwards. Three attempts are allowed.

Scoring:

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.



Attempts	1	2	3	Average	Rating
Distance (cm)					

Sit and Reach Flexibility Test

Purpose: The sit and reach test is a common measure of flexibility, and specifically measures the flexibility of the lower back and hamstring muscles.

Equipment required: Sit and Reach box.

Procedure:

The test involves sitting on the floor with legs stretched out straight ahead.

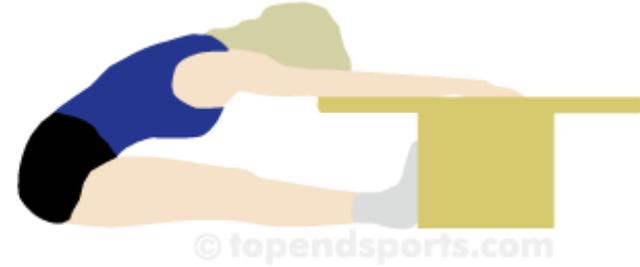
Shoes should be removed. The soles of the feet are placed flat against the box. Both knees should be locked and pressed flat to the floor - the tester may assist by holding them down.

With the palms facing downwards, and the hands on top of each other or side by side, the subject reaches forward along the measuring line as far as possible.

Ensure that the hands remain at the same level, not one reaching further forward than the other.

After some practice reaches, the subject reaches out and holds that position for one-two seconds while the distance is recorded.

Make sure there are no jerky movements.



Scoring:

The score is recorded to the nearest centimetre or half inch as the distance reached by the hand.

Attempts	1	2	3	Average	Rating
Distance (cm)					

Body Fat Percentage

Purpose: To distinguish between lean body mass and fat mass.

Equipment required: A Bioelectric Impedance Analyser

Procedure:

The bioelectric impedance device measures the resistance of body tissues through the flow of a small electrical signal

The person being measured should not be in contact with any other non-conducting surface, with legs apart and arms away from the body.



Body Mass Index

Purpose: a body composition measure used for the general population to determine the level of health risk associated with obesity.

Equipment required: scales and stadiometer for weight and height.

Procedure:

$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$$



	Measure			
	Weight (kg)	Height (cm)	BMI (kg/m ²)	Body Fat %
Scores				
Rating				