ATHLETIC PERFORMANCE TEST
SELECTION/CLASSIFICATION

Components:

1. **Lower Limbs**
   a) Agility – SHUTTLE RUN
   b) Explosive power of muscles – STANDING LONG JUMP

2. **Upper Body**

   Arm and shoulder muscle strength and endurance – FLEX ARM HANG

3. **Abdomen**

   Abdominal muscle strength and endurance – CURL-UPS (Sit ups)

4. **Speed**

   Running Speed – 50 YARD DASH

5. **Cardiovascular**

   Cardiorespiratory system endurance – 1.5 MILE RUN/WALK

**General Rules of Testing**

- Component may be retested as many times as desired to achieve the best performance.
- Test components may be administered in any order.
- There is no time frame for testing.
Description of Test Items

1. **LOWER LIMBS**

   a) *Item:* **SHUTTLE RUN**

   *Equipment:* Two blocks of wood, 2” x 2” x 4”, a split-second stop watch

   *Description:* Two parallel lines marked on the floor 30 feet apart. Place blocks of wood behind one of the lines. Athlete starts from behind the other line. On the signal “Ready – Go”, the athlete runs to the blocks, picks up one, runs back to starting line and places it behind the line; then runs back and picks up the second block which is carried back across the starting line.

   *Rules:* Allow two trials with a maximum of five minutes rest between. Athlete may not throw the block of wood, it must be placed behind the line.

   *Scoring:* Record the fastest of the trials to the nearest tenth of a second.

   b) *Item:* **STANDING LONG JUMP**

   *Equipment:* Mat or floor and tape measure

   *Description:* Athlete stands with feet several inches apart and toes just behind the take-off line. Swing arms backward and bending the knees, the jump is accomplished extending the knees and swinging the arms forward.

   *Rules:* Allow three trials. Measure from the back edge of the take-off line to the heel or part of the body that touches the floor nearest the take-off line. (Suggestion: Tape the measure to the floor starting at the back of the take-off line and have the athlete jump along the tape so scorer can observe the mark to the nearest inch.)

   *Scoring:* Record the best of three trials in feet and inches to the nearest inch.
2. **UPPER BODY**

   a) **Item:** FLEXED-ARM HANG

   **Equipment:** Horizontal bar approximately 1 ½” in diameter.

   **Description:** Adjust bar height so it is approximately equal to the athlete’s standing height. Use an overhand grasp (palms away from the face). With two spotters, one in front and one in back, athlete raises body off the floor to a position where the chin is above the bar, elbows flexed and chest close to bar. Hold this position as long as possible.

   **Rules:**
   a) Start watch as soon as athlete has chin above the bar.
   b) Stop watch when chin touches the bar, head tilts back to keep chin above bar or chin falls below level of the bar.

   **Scoring:** Record to the nearest second for the length of time the athlete can hold the start position.

3. **ABDOMEN**

   a) **Item:** CURL-UPS (Sit-ups)

   **Equipment:** Mat and stop watch

   **Description:** Athlete lies on back with knees bent, feet flat on the floor, heels 12” from the buttocks and back flat on the floor. Arms across the chest, fingers on the opposite shoulder, elbows against chest. For taller athletes this distance may be adjusted to accommodate him/her. With someone holding the feet down, the athlete brings upper body forward, curling up (sitting up) to touch elbows to thighs. That is one curl-up. Athlete must return to start position before starting next curl-up. Exercise is repeated for one minute and athlete completes as many curl-ups as possible in the one minute interval.

   **Rules:** Fingers must remain in contact with shoulder, back should be rounded and head forward on the way up. Scapula must touch the floor before starting next curl-up. Hips must remain on the floor.

   **Scoring:** Record one curl-up (sit-up) for each completed movement of touching elbows to thighs. No score if the fingertips do not maintain contact with shoulders or elbows are extended or if hips leave the ground.
4. **SPEED**

   a) **Item:** 50 YARD DASH

   **Equipment:** Track or area marked off 50 yards and split second stopwatch.

   **Description:** With arm raised, a starter uses the command “Ready – Go” and accompanies the command with a fast downward sweep of the arm to provide the timer with a visual signal to start the watch.

   **Rules:** Time required between the starter’s signal and the instant the athlete crosses the finish line.

   **Scoring:** Record in seconds to the nearest tenth of a second.

5. **CARDIOVASCULAR**

   a) **Item:** 1.5-MILE RUN/WALK

   **Equipment:** Track or area marked off for 1.5 mile and stopwatch.

   **Description:** Standing at starting line, the athlete begins to run on the signal from starter/timer of “Ready – Go”. Starter/timer positions self at the finish line.

   **Rules:** Walking is permitted. However, the object is to cover the distance in the shortest time possible.

   **Scoring:** Record in seconds in minutes and nearest second.