

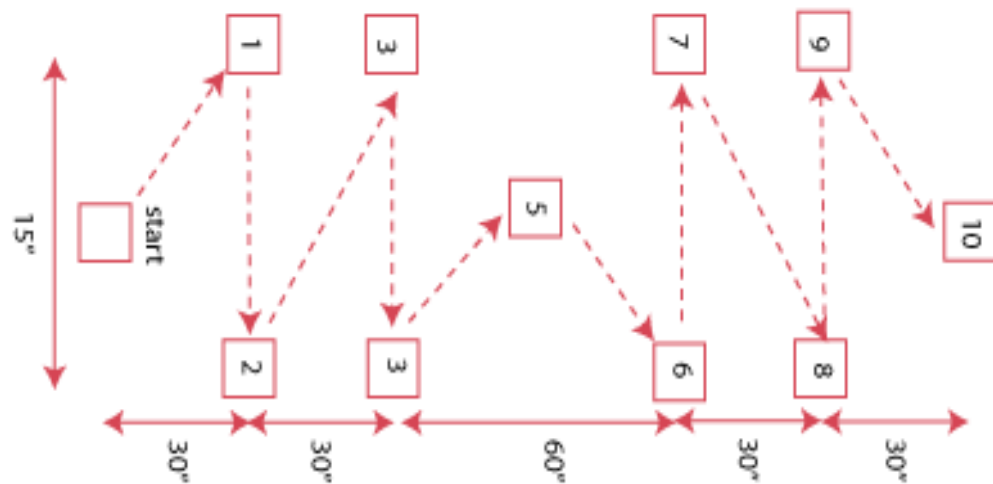
### Modified Bass Test of Dynamic Balance

This test is used to measure one's ability to jump accurately and to maintain balance during repeated jumping. The test was originally designed by Ruth I. Bass in 1939 and was later modified by Johnson and Leach in 1968. This test is suitable for both boys and girls aged 12 years and above.

**Purpose of the test:** to measure dynamic Balance

**Equipment:** A stop watch, adequate floor space, 3/4 inch wide coloured marking tape, measuring tape, stopwatch

**Test area:**



**Test Administration:** Eleven pieces of coloured marking tape, measuring  $\frac{3}{4}$ " size are cut and pasted on the floor at starting S and 1 to 10. These marking spots are obtained by the proper measurement of 30 inch and 15 inch distance. After marking the required floor pattern, demonstration of the test is shown to Subjects.

The subject is asked to stand with the right foot on the starting tape mark at S and hops the first tape mark with the left foot and required to maintain a steady balance on the ball of the left foot for maximum of five seconds after hops to the second tape mark with right foot and is told to repeat the process completed at first mark and to proceed to next tape spots serially with alternate foot up to the 10<sup>th</sup> tape mark. The subject is told clearly that he/she will get one points for each second of balance maintained at a spot up to a maximum of five seconds and his/ her foot must cover the tape marked at each spot completely so that the tape cannot be seen by tester/ timer when the subject is maintaining the balance of the body on a particular tape mark. The subject must also know that hopping or moving the supporting foot ball will invite penalty.

### **Scoring:**

The maximum points which may be scored at each landing spot are 10 points.

Proper landing 5 points and 5 points for holding 5 seconds at the spot.

