

PHILIPS JCR TEST

INTRODUCTION

Philips JCR test was introduced by B.E. Philips to measure the ability of the individual to perform fundamental motor skills such as jumping, chinning, running and dodging which involve the basic elements of power, speed, agility and endurance. The test consists of three test items namely vertical jump (J), chinning (C) and shuttle run (R).

Reliability: 0.91 to 0.97

Validity: 0.59 to 0.90

Age Level: 18 to 45 years.

Equipments: Vertical jump board or a marked wall, marking chalk powder, stopwatch, chinning bar, 2 wooden block (2"x2"x2")