

SUMMARY

Test Administration

Test 1: Vertical Jump (J)

Instructions: The subject is asked to stand erect facing the board. His/her dominant hand's fingertips are marked with chalk powder and the subject is asked to raise the marked fingertips to a maximum height on the blackboard without lifting the heels so as to mark his/her maximum reach point. The fingertips are re-chalked. With the chalked hand side towards the wall, a vertical jump is to be performed by the subject to make another mark at the maximal height of the jump. The subject is not allowed to run or hop. The subject may be given three to five trials at his/her will.

Scoring: The maximum distance (among all the trials) between the reaching height and the jumping height provides the score of the test.

Equipments: Wall, measuring tape and color powder.

Scoring: The height jumped on the best of the three trials is recorded to the nearest inch.

Test 2: Chinning (C)

Instructions: The boy subject is asked to hang from the bar by his hands with forward grip and to chin up by pulling himself up until his chin is above the bar. Then he has to lower the body until his arms are straight and is asked not to use kick or jerky motion. If he does not straighten his arms completely when lowering the body or if he kicks, jerks or keeps (keeping one's chin on the bar) in performing the movement, then half counts are recorded. Only four half counts are permitted.

Scoring: The number of complete pull-ups plus one half of the half counts (if any) constitute the scoring.

Test 3: Shuttle Run (R)

Instructions: Two parallel lines are marked on the floor 10 yards apart. The two wooden blocks are placed behind one of the lines. The subject is asked to start from behind the line other than the one behind which wooden blocks are placed. On the signal ready? go, the timer starts the watch and the subject runs towards the blocks, picks-up one block, run back to the starting line, places the block behind the starting line, turns back and picks-up the second block to be came back across the

starting line. As soon as the second block is placed on the ground the timer stop the watch and records the time.

Scoring: Two trials are allowed to each subject with some rest in between. The time of the better of the two trials is recorded to the nearest 10th of a second as the score of the test item.