

# PHYSICAL CONDITION INITIAL EVALUATION TEST

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- **FORWARD LEAP**

**OBJECTIVE:** Measuring the explosive **strength** of the lower body (legs).

**DEVELOPMENT:** Move behind the jumping line facing the direction of the jump. Feet may be slightly apart at the shoulders width. Once you hear the jumping command, flex your upper body and legs. You may also swing your arms so they can be used in when jumping forward. After the jump, measure the distance in centimetres from the jumping line to the back of the back, that is, the last foot that landed.



**RULES:**

- The jump must be executed from a standstill position with both feet at the same time, neither feet must be over the line.
- Control the landing, using your arms to break a possible fall is not allowed.
- Once both feet land the heels must be touching the floor and stay still until the jump is measured.

Example video: [http://www.youtube.com/watch?v=w\\_kQRBTiTNq](http://www.youtube.com/watch?v=w_kQRBTiTNq)

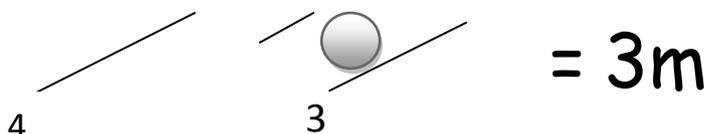
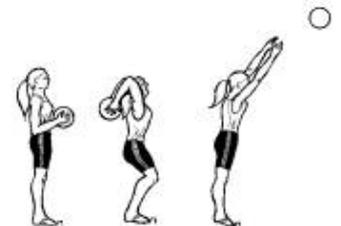
- **MEDICINE BALL THROW 3kg**

**OBJECTIVE:** Measuring the explosive **strength** (upper body and arms).

**DEVELOPMENT:** From the line, feet apart at shoulders width, throw the ball from behind your head as a football throw in.

**RULES:**

- Do not jump or run before throwing the ball.
- Once the ball is thrown, remain still and balanced until the measurement.
- The measurement will be done in sets of 50cm rounding up to the closest result.



Example video: <http://www.youtube.com/watch?v=E9ywXLqqrj8>

- **30" CRUNCHES**

OBJECTIVE: Measuring the explosive muscular strength of the upper-rear.

DEVELOPMENT: The student must flex his/her legs, arms bend behind his/her head and must be helped by a partner as the pictures shows. The student will raise his/her upper body up to the knees as many times as possible in 30".

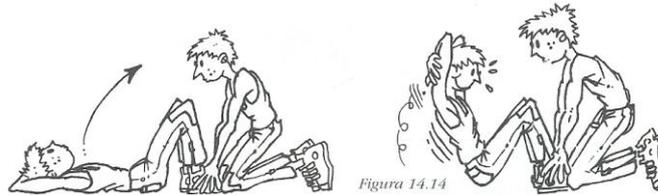


Figura 14.14

RULES:

- If the student only reaches the legs or if his/her hands break apart, it will not count as a crunch.
- Each time the upper body is lowered it must be touch the mat.

IMPORTANT NOTICE: This is not the correct way of performing a crunch, it is just a 30" test, if we did this everyday it would harm our back.

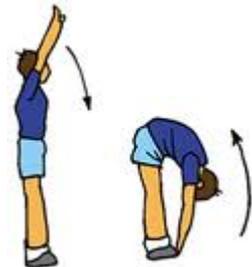
**FORWARD BEND**

OBJECTIVE: Measuring the degree of flexibility located in the upper body and the legs.

DEVELOPMENT: Standing with feet together at the edge of the stands, place both hands at the same time towards your feet until you reach as far as possible without bending your knees.

RULES:

- Do not bend you knees at any time, the hand movement must be continuous and simultaneous.
- The test must be carried out bare footed so that the result is more accurate.
- The measurement must be taken from the floor upwards in positive figures. If you do not reach the floor then the distance left to the floor will be measured in negative figures.
- Add 23 to the final result in order to apply the rubrics.

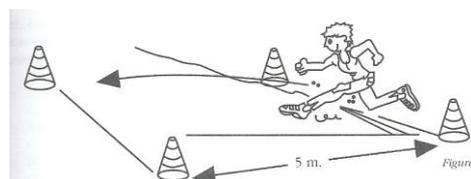


**10x5m SPEED TEST**

OBJECTIVE: Measuring the student's degree of agility

DEVELOPMENT: Running 5 metres 10 times.

RULES: The student must step on the 5m line on both sides of the track.



## MULTI-STAGE FITNESS TEST

**OBJECTIVE:** Measuring the aerobic endurance in the aerobic-anaerobic threshold.

**DEVELOPMENT:** Running 20 metres uninterruptedly to a recorded beep. The pace will increase each minute and the student will complete stages and stay as long as he/she can keep up with the pace.

**RULES:**

- The student must step on the line on each beep, if he/she is not able to reach the line on time, he/she is allowed to try to get to the other line on the next beep. However, if he/she does not reach the line on time for the second time he/she will be disqualified.
- Each runner must stay on his/her line and run in a straight line.
- The student may quit when hearing the end or the halfway mark of a stage, remembering the number last heard from the recording before quitting the test and telling the teacher as soon as possible.

