

# Welcome to Our Channel

## Sports & Physical Education



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Education**



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# Physical Fitness Test

## AAHPERD Youth Physical Fitness Test:

- The AAHPERD stands for **American Alliance for Health, Physical Education and Recreation.**
- AAPE (Association for the advancement of Physical education)
- 1903- APA (American Physical Education association)
- 1937- AAHPE (American Association for Health and Physical Education)
- 1938- AAHPER (American Association for Health, Physical Education and Recreation)



# Physical Fitness Test

## AAHPERD Youth Physical Fitness Test:

- 1958- AAHPER Youth Physical Test formed-

### ➤ 7 test Item-

1. Pull – Ups (**Boys**) or Flexed Arm Hang (**Girls**)
2. Straight Knee Sit – Ups
3. Shuttle Run
4. Soft Ball Throw for distance
5. Standing Long Jump
6. 50 Yard Dash
7. 600 Yard Run Walk



# AAHPERD Youth Physical Fitness Test:

- 1974 - AAHPERD (American Association for Health, Physical Education, Recreation and Dance)
- 1976 - AAHPER Test Batteries was revised by Paul Hunsicker and Guy G. Reiff- **6 test Item.**
- **1979- AAHPERD – American Alliance for Health Physical Education Recreation and Dance.**
- AAHPERD changed its name to **SHAPE America** in December 2013.



# Physical Fitness Test

## AAHPERD Youth Physical Fitness Test:

In this test 6 test batteries/test items were included to measure motor fitness component-

1. Pull – Ups (**Boys**) or Flexed Arm Hang (**Girls**)
2. Straight Knee Sit – Ups
3. Shuttle Run
4. Standing Long Jump
5. 50 Yard Dash
6. 600 Yard Run Walk or 1 Mile Run Walk(10-12age) or 1.5 Mile Run Walk (for 13 year and above) Or 9 Minutes Run Walk (10-12year) 12 minutes Run Walk (13 year and above)

# PULL – UPS (BOYS)

## Objective:

To measure the endurance and strength of Arm and Shoulder Muscles

## Administration of Test:

- The height of the horizontal bar should be such that when the participant hangs from it with fully extended arms; his feet should not touch the ground.
- Subject should hold bar with Forward Hand hold.
- When in a hanging position, the subject raise the with the arms until the chin is placed over the bar and than lowers the body to full extension.
- Swinging, kicking the leg or raising the knee is not allowed.

**Scoring:** The maximum number of complete pull – ups is the score.



# FLEXED ARM HANG (GIRLS)

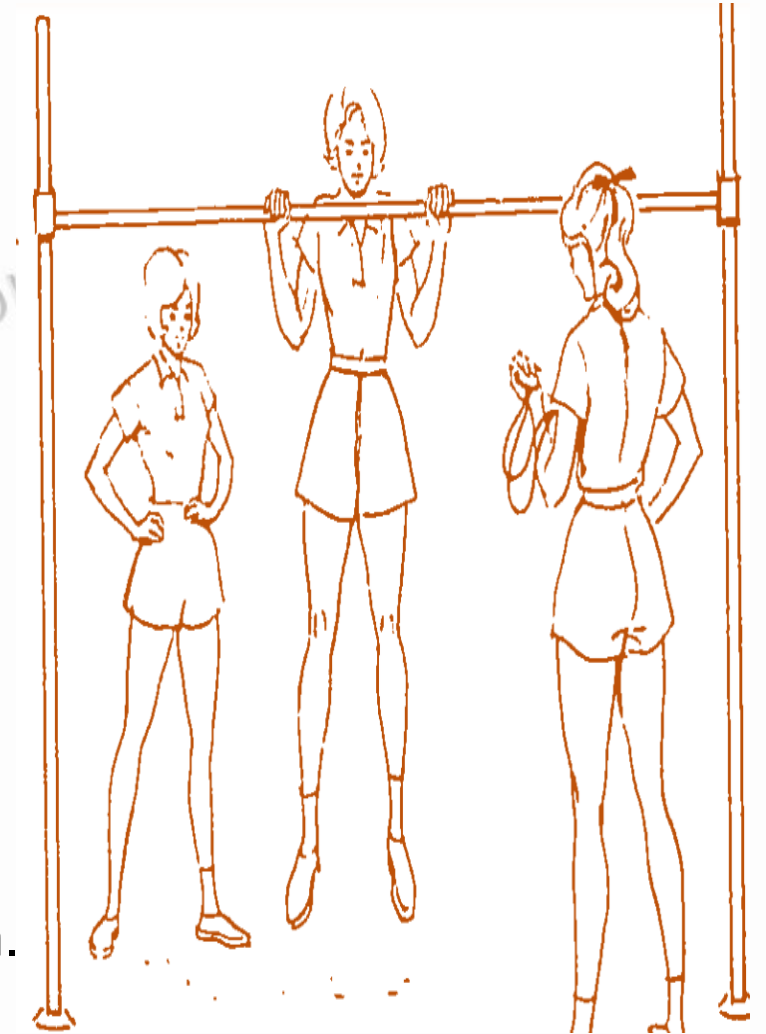
**Objective:** To measure the endurance and strength of Arm and Shoulder Muscles

**Equipment:** Horizontal Bar, Stop Watch

## Administration of Test:

- The hanging bar is adjusted to the height of the subject.
- The subject pulls body off the floor to keep chin above the bar
- Subject tries to maintain the position for as long as possible.
- Stopwatch is stopped when ;
  - (i). Head tilts back to keep chin above the bar
  - (ii) Chin touches the bar
  - (iii) Chin drops below the level of bar

**Scoring:** The amount of times subject remains in the correct position.



# SIT - UPS



**Objective:** To measure the muscular endurance of Abdominal and Hips

**Equipment:** Mat, Stop watch

## Administration of Test:

- Subject is asked to lie on his back, knee bent, feet on the floor and heels not more away than 12 inches.
- The angle at both knees should be less than 90 degrees.
- Hand should be on the back of the neck with the fingers intertwined and elbow square on the mat.
- Subject is asked to tighten the abdominal muscle and bring the head and elbows forward as he sits on end to touch the elbow to the knees.

**Scoring:** The number of correctly performed sit ups in 60 seconds is the score.





# SHUTTLE RUN



**Objective:** To measure agility and speed

**Equipment:** Two blocks of wood 2 x 2 x 4 inches, a stopwatch, chalk powder, marking tape

**Test Area:** Two parallel lines are marked on the floor 30 feet. Two wooden blocks are placed behind a line.

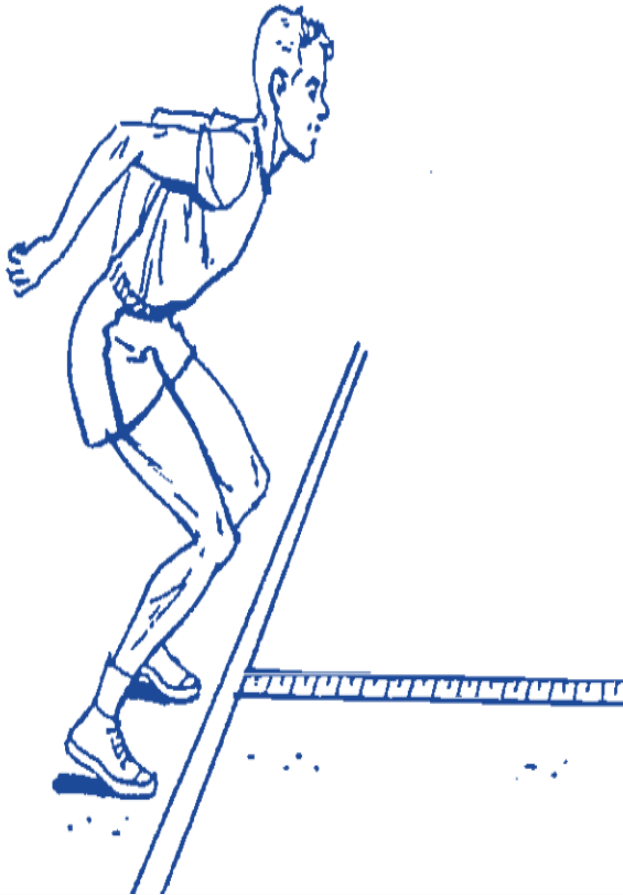


## Administration of Test:

The subject is asked to start from the back of the start line. On the signal **ready go** the timer starts the clock and the subject has to run fast toward the block, pick up a block and run back to the first line, placing the block behind the first line and running again to pick up the second block. The second block also brings to the first line. As soon as the second block is placed on the ground, the timer stops the clock and records the time

**Scoring:** Two trials are given. The time is taken for the good result of the best of the two.

# STANDING LONG JUMP



**Objective:** To measure explosive power of the extensor muscles

**Equipment:** Floor, mat, chalk

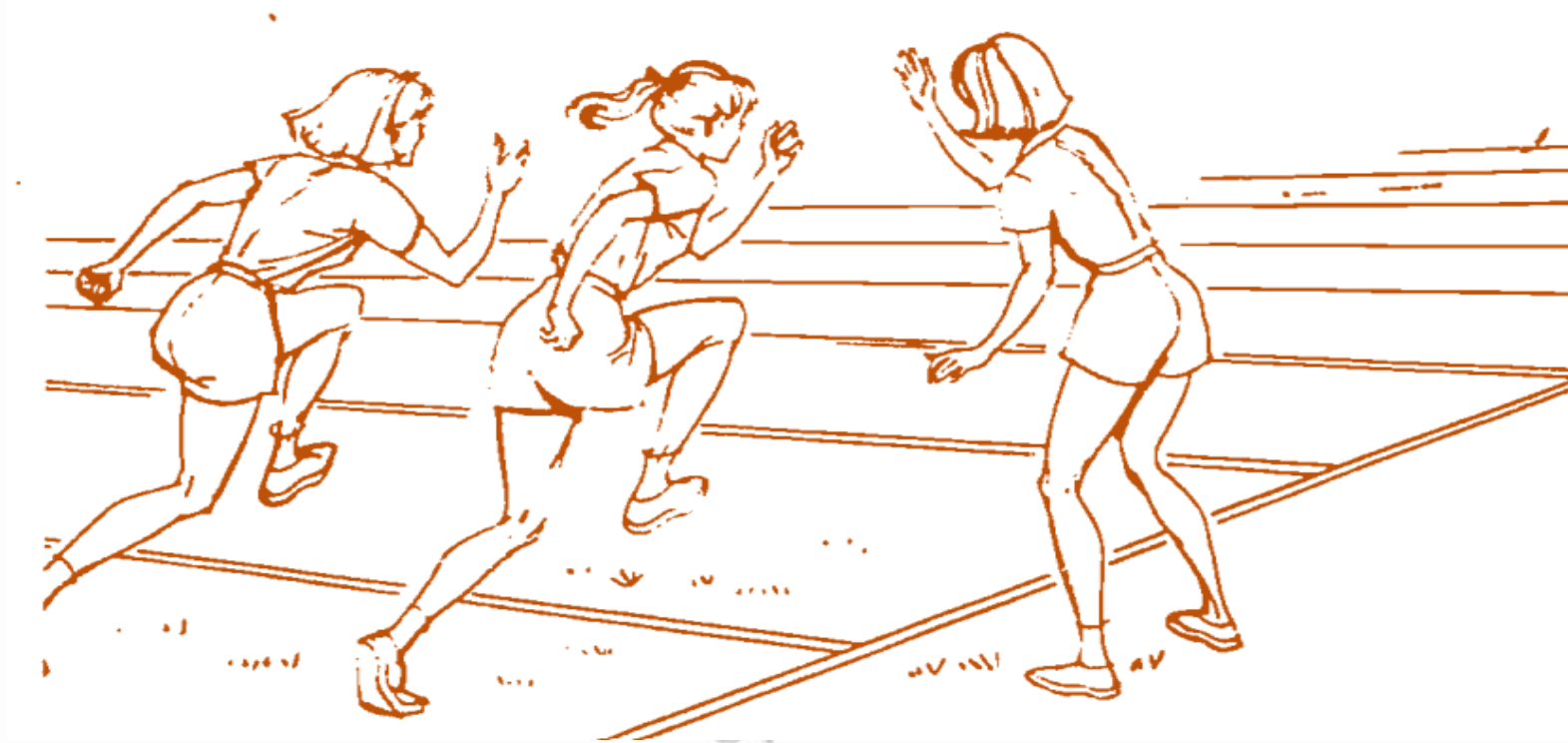
**Test Area:** A take of line is drawn on mat or floor.

**Administration of Test:**

The subject is asked to stand behind the starting line with feet parallel to each other and jump as far as possible by bending his knees and swinging his arms to take a wide jump in the forward direction. The subject is given three trials.

**Scoring:** The best of trials are used as the final score of the test.

# 50 YARDS DASH



**Objective:** To measure maximum speed.

**Equipment:** Stop watch, a flat surface to run.

**Test Area:** Two parallel lines are marked 50 yards apart on the floor.

## Administration of Test:

At the signal **ready go** , subject start running to cross the finish line as quickly as possible.

**Scoring:** The time taken by the subject correctly upto the 10<sup>th</sup> of a second.



# 600-yard run-walk

(with optional runs of one mile or 9 minutes for ages 10-12, or one and a half miles or 12 minutes for ages 13 and older)

*for judging cardiovascular efficiency.*

**Objective:** To measure cardio respiratory endurance

**Equipment:** Ground or 400m track, chalk, stop watch

**Test Area:** Two parallel lines are marked 600 yards apart on the ground.

## **Administration of Test:**

The subject is asked to stand behind the starting line. At the ready signal go, the subject is asked to cover the 600 yard distance in minimum time possible. The subject can also cover 600 yards by walking.

**Scoring:** The time taken to run 600 yards is recorded in minutes and seconds which is the score of the test.



Sr. No	Test	Objective
1	Pull – Ups (Boys)	Endurance and strength of Arm and Shoulder Muscles
2	Flexed Arm Hang (Girls)	Endurance and strength of Arm and Shoulder Muscles
3	Straight Knee Sit – Ups	Muscular endurance of Abdominal and Hips
4	Standing Broad Jump	explosive power of the extensor muscles
5	Soft Ball Throw for Distance	explosive power of the arm and shoulder muscles
6	50 Yard Dash	maximum speed
7	600 Yard Run Walk	cardio respiratory endurance

## AAHPER Youth Physical Fitness Test 1958



Sr. No	Test	Objective
1	Pull – Ups (Boys)	Endurance and strength of Arm and Shoulder Muscles
2	Flexed Arm Hang (Girls)	Endurance and strength of Arm and Shoulder Muscles
3	Straight Knee Sit – Ups	Muscular endurance of Abdominal and Hips
4	Standing Broad Jump	explosive power of the extensor muscles
5	50 Yard Dash	maximum speed
6	<b>600 Yard Run Walk / 1 mile run walk</b> (10 – 12 age) / <b>1.5 mile run walk</b> (for 13 and above) / <b>9 minutes run walk</b> (for 10 – 12 age) / <b>12 minutes run walk</b> (for 13 and above)	cardio respiratory endurance

## AAHPER Youth Physical Fitness Test 1976



# Thank You for Watching



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