

# Welcome to Our Channel

## Sports & Physical Education



**Sports & Physical  
Education**



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# INDIANA MOTOR FITNESS TEST

- Indiana motor fitness test was constructed for college students in 1943 by Karl W Bookwalter and Carolina W Bookwalter at Indiana University Bloomington Indiana USA.
- In 1944, the test was reconstituted for high school boys and girls.
- In 1948, the test was reconstituted for elementary children.

# INDIANA MOTOR FITNESS TEST

- **Objective:** To measure motor fitness of the students.

## Test Items

### College Students

1. Pull ups
2. Straddle Chin ups
3. Floor Push ups
4. Vertical Jump
5. Standing Broad Jump

### High School Boys High school Girls Elementary Children

1. Straddle Chin ups
2. Floor Push ups
3. Vertical Jump
4. Squad Thrust in 20 Sec.

# College Students

## PULL – UPS

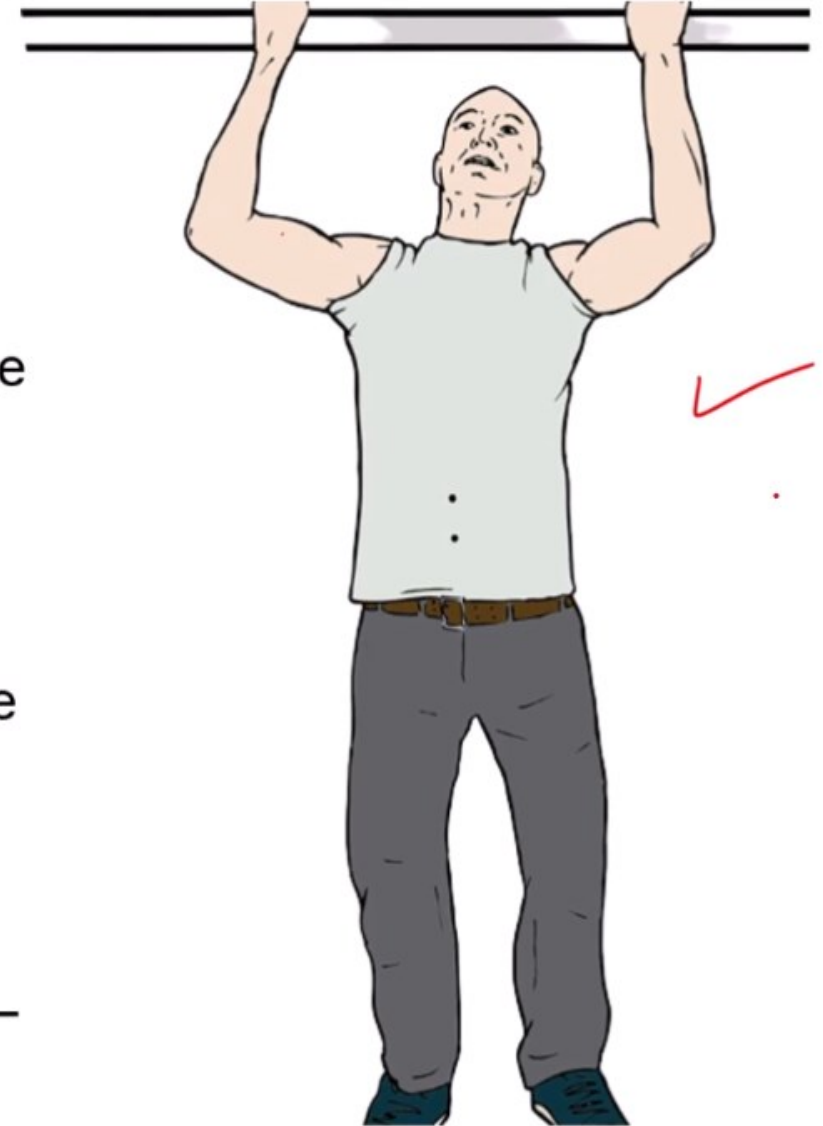


### ➤ **Objective:**

To measure the endurance and strength of Arm and Shoulder Muscles.

- 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.



# STRADDLE CHIN UPS

## **Objective:**

To measure the ~~strength~~ and ~~endurance~~ of abdominal muscles

**Administration of Test:** This is a passive type of test done with the help of a partner. Subject is asked to lie on the back clasping hands of the partner who is in a stride position with body erect. The examinee chins as many times as possible, raising the body each time with back straight and in line with legs until meets firm resistance from inside partner thighs.\

**Scoring:** The maximum chin ups done in minimum amount of time.



# FLOOR PUSH UPS

## Objective:

To measure the endurance and strength of Arm and Shoulder Muscles


- The subject comes in the proline position. Palm of both his hands are kept next to the chest, so that a 90 degree angle is made in both elbows. As soon as the signal is received, the subject pushes the ground with both hands and raise the body again and again it goes back to the same position.

**Scoring:** The number of push ups that the subject perform in a given time.



# Vertical jump

**Objective:** To measure the power of legs.

- The subject is asked to stand erect facing the board.
- Subject'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 maximum reach point (reaching height).
- 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. However, the subject is properly instructed to take a good jump by bending knees and swinging the arms.
- Three trials are given to the subject.



# STANDING BROAD JUMP



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

**Equipment:** Floor, mat, chalk

**Test Area:** A take off 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.



# INDIANA MOTOR FITNESS TEST

High School Boys ✓

High school Girls ✓

Elementary Children ✓

1. Straddle Chin ups ✓
2. Floor Push ups ✓
3. Vertical Jump ✓
4. Squat Thrust in 20 Sec.

## ➤ Squat Thrust in 20 Sec.

*(Burpees)*

1. Stand straight with your feet shoulder-width apart.
2. Squat and place your hands in front of your feet.
3. Jump back and get into a push-up position.
4. Jump again, bringing the legs toward your palms, and stand up.
5. Repeat until the set is complete.

