

Welcome to Our Channel

Sports & Physical Education



**Sports & Physical
Education**



Sports and Physical Education



thakuranjna99



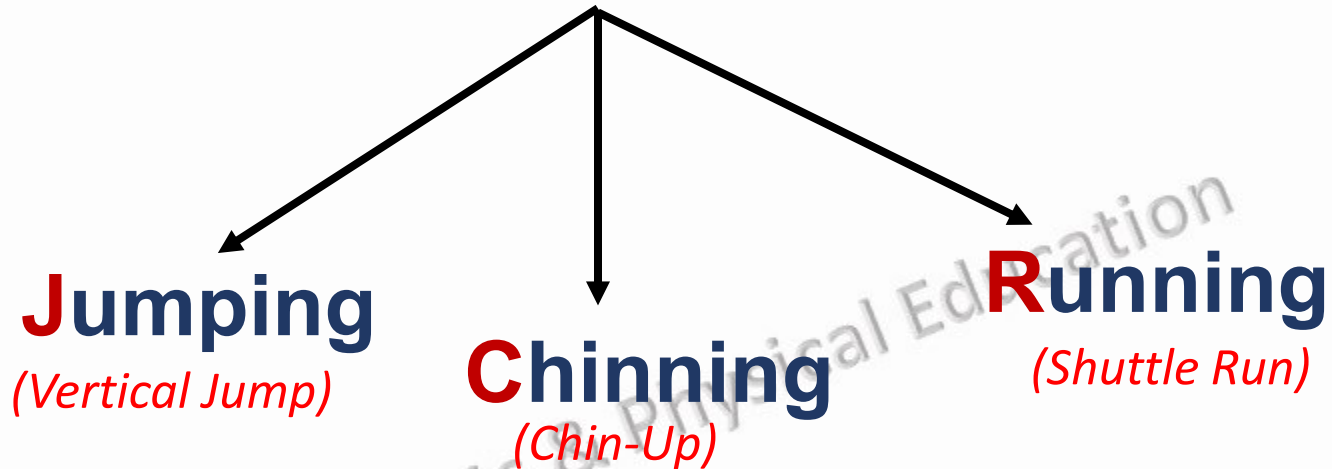
Sports and Physical Education





Physical Fitness Test

J.C.R TEST



J.C.R. Test was developed by **Bernath E. Philips** in 1947. This test was developed to **measure motor fitness**. The JCR test assesses basic motor skills such as jumping, chinning and running.

J.C.R TEST

□ Objective:

➤ To measure the ability of individuals to perform basic fundamental motor skills which are related to strength, power, speed, agility, and endurance.

➤ **Subject:** College Students

➤ **Reliability:** **0.91 – 0.97**



Vertical jump

- 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.

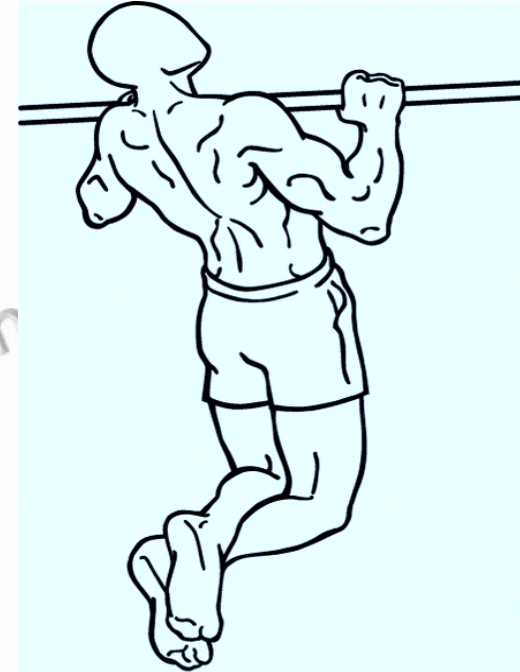
Objective: To measure the power of legs.

Scoring: The maximum distance between the reaching height and the jumping height provide the score of the test.

Chin - Up



- The bar is adjusted to a height equal to the level of the sternum of the subject.
- The subject grasps the bar with overhand grip.
- The subject is asked to pull- up to the bar with the body keeping straight as many times as possible.
- If the body sags, if the hips rise or if the subject does not pull completely up or go completely up or go completely down, half points are given, up to four half points.



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

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

SHUTTLE RUN



- **Objective:** To measure agility and speed
- **Equipment:** Ground, Chalk, Stop Watch
- **Test Area:** Two parallel lines 10 yards apart are marked on the ground. Lines terms as Start line and Returning Line.
- **Scoring:** The time recorded to the nearest 10th of the second is score of the test.

➤ The subject is asked to start from behind the start line. On the signal **ready go**, the timer starts the watch and the subject runs towards the returning line, touch the returning line and runs back to the starting line. Subject has to repeat it five times covering total of 100 yards.



Thank You for Watching



Sports and Physical Education



thakuranjna99



Sports and Physical Education

Sports & Physical Education

