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Sports & Physical Education



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thakuranjna99



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KRAUS – WEBER FITNESS TEST

Kraus – Weber fitness test was developed by *Dr. Hans Kraus and Dr. Sonja Weber in 1954*. This test is also known as **Minimum Muscular Fitness Test**.

Objective:

To measure minimum strength.



KRAUS – WEBER FITNESS TEST

There are total six test items/batteries in the test :-

1. Abdominal Plus Psoas Muscles (A+)
2. Abdominal Minus Psoas Muscles (A-)
3. Psoas And Lower Abdominal Muscles (P)
4. Upper Back Muscles (UB)
5. Lower Back Muscles (LB)
6. Floor Touch / Lower Back And Hamstrings Muscles (BH)

Scoring: Because this is a minimum test, You will need to be able to perform all six parts successfully. Being unable to perform even one of the six exercises results in failing the test overall.

Abdominal Plus Psoas Muscles (A+)

- The subject lies down in supine position i.e. flat on his back and hands behind his neck. The legs are straight. The examiner holds the feet to keep them on the ground. The subject is asked to perform one sit-up. If subject performs one sit-up, subject passes this test.

Objective: To measure the strength of the abdominal and psoas muscles.



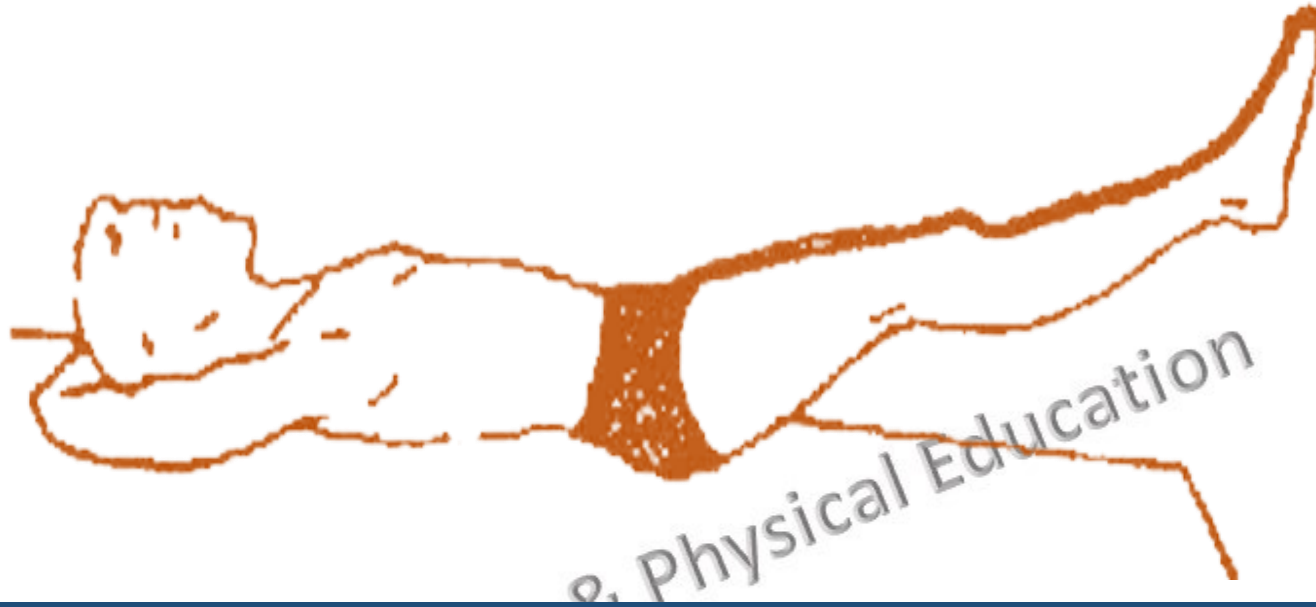
Abdominal Minus Psoas Muscles (A-)

- The subject lies down in supine position i.e. flat on his back and hands behind his neck except that this time the knees are bent. The subject is asked to perform one sit-up. If subject performs one full sit-up, subject passes this test.

Objective: To measure the strength of the abdominal muscles



Psoas And Lower Abdominal Muscles (P)



- The subject lies down in supine position. Subject is asked to raise feet 25 cm(10 inch) from the ground. Legs should be straight, no bending at the knee for 10 seconds.

Objective: To measure the strength of the lower abdominal muscles.

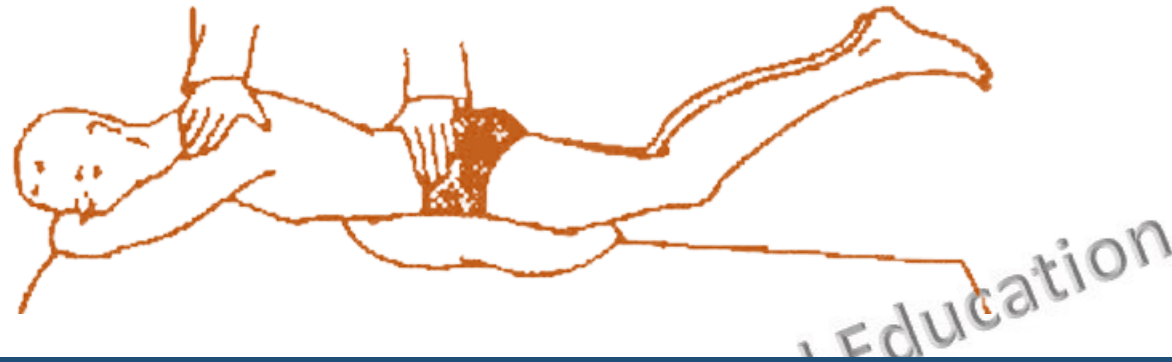
Upper Back Muscles (UB)



- The subject lies in prone position i.e. face down on his stomach with a pillow under his abdomen and his hands behind his neck. The examiner holds his feet down. The subject is asked to raise his chest, head and shoulders, while the examiner counts to 10 seconds.

Objective: To measure the strength of the upper back muscles.

Lower Back Muscles (LB)



- The subject lies in prone position i.e. face down on his stomach with a pillow under his abdomen and his hands behind his neck. The examiner holds his chest down. The subject is asked to raise his feet keeping his knees straight while the examiner counts to 10 seconds.

Objective: To measure the strength of the lower back muscles.

Floor Touch/Lower Back And Hamstrings Muscles (BH)



- The subject stands erect, bare-footed, hands at sides and feet together. Subject then asked to lean down slowly to touch the floor with fingertips for 10 seconds. The examiner holds his knees in order to prevent any bending.

Objective: To measure the flexibility of the lower back muscles and hamstring muscles.



Thank You for Watching



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