

Test Name	What does it measure	How to Perform	Equipment Required	Scoring
BMI	Body Mass Index for specific Age and Gender	BMI is calculated from body mass (M) and height(H). $BMI = M / (H \times H)$, where M = body mass in kilograms and H = height in meters. The higher the score usually indicating higher levels of body fat.	Scales and stadiometer as for weight and height.	Height and Weight as per the WHO for each Age and Gender
Partial Curl Up	The curl up test measures abdominal muscular strength and endurance of the abdominals and hip-flexors, important in back support and core stability.	The subject lies on a cushioned, flat, clean surface with knees flexed, usually at 90 degrees, with hands straight on the sides (palms facing downwards) closer to the ground, parallel to the body. The subject raises the trunk in a smooth motion, keeping the arms in position, curling up the desired amount (at least 6 inches above ground). The trunk is lowered back to the floor so that the shoulder blades or upper back touch the floor.	Flat, clean, cushioned surface, stopwatch, recording sheets, pen	Record the maximum number of sit ups in a certain time period, such as 30 seconds (Age 9-14 years) or 1 Minute (Age 15+)
Flexed/Bent Arm Hang	Upper body functional strength and muscular endurance	The subject is assisted into position, the body lifted to a height so that the chin is level with the horizontal bar. The bar is grasped using an overhand grip (palms are facing away from body), with the hands shoulder width apart. The timing starts when the subject is released. They should attempt to hold this position for as long as possible. Timing stops when the person's chin falls below the level of the bar or the head is tilted backward to enable the chin to stay level with the bar.	Stopwatch, an elevated horizontal bar	The total time in seconds is recorded.
Sit and Reach	Common measure of flexibility, and specifically measures the flexibility of the lower back and hamstring muscles. This test is important as because tightness in this area is implicated in lumbar lordosis, forward pelvic tilt and lower back pain	This test involves sitting on the floor with legs stretched out straight ahead. Shoes should be removed. The soles of the feet are placed flat against the Sit and Reach box. Both knees should be locked and pressed flat to the floor - the tester may assist by holding them down. With the palms facing downwards, and the hands on top of each other or side by side, the subject reaches forward along the measuring line as far as possible. Ensure that the hands remain at the same level, not one reaching further forward than the other. After some practice reaches, the subject reaches out and holds that position for at one-two seconds while the distance is recorded. Make sure there are no jerky movements.	Sit and Reach box with the following dimensions: 12" x 12" (sides) 12" x 10" (front and back) 12" x 21" (top) Inscribe the top panel with centimeter/mm gradations. It is crucial that the vertical plane against which the subject's feet will be placed is exactly at the 23 cm mark.	The score is recorded to the nearest centimeter as the distance reached by the hand
600 Mt Run	Cardiovascular Fitness/ Cardiovascular Endurance	Participants are instructed to run 600 mts. in the fastest possible pace. The participants begin on signal; "ready, start" as they cross	Stopwatch, whistle, marker cone, lime powder,	Time taken for completion (Run or Walk)

		the finish line elapsed time should be announced to the participants. Walking is permitted but the objective is to cover the distance in the shortest possible time.	measuring tape	
Flamingo Balance Test	Ability to balance successfully on a single leg. This single leg balance test assesses the strength of the leg, pelvic, and trunk muscle as well as dynamic balance.	Stand on the beam/line with shoes removed. Keep balance by holding the instructor's hand. While balancing on the preferred leg, the free leg is flexed at the knee and the foot of this leg held close to the buttocks. Start the watch as the instructor lets go. Stop the stopwatch each time the person loses balance (either by falling off the beam or letting go of the foot being held).	Stopwatch, can be done on just standing on one leg on a thin line (Age Group: 5-8 years) or a beam locally procured (Age Groups: 9-14, 15+ years)	Total time till the subject loses balance.
Shuttle Run	Test of speed and agility	Marker cones and/or lines are placed 10 meters apart. Start with a foot at one marker. When instructed by the timer, the subject runs to the opposite marker, turns and returns to the starting line. This is repeated four times without stopping (covering 40 meters total) for Age 9-14 years <u>OR</u> repeated five times without stopping (covering 50 meters total) for Age 15+ years. At each marker both feet must fully cross the line.	stopwatch, measuring tape, marker cones, a flat non-slip surface	Record the total time taken to complete the 40 mt/50 m course.
Sprint/Dash	Determines acceleration and speed	The test involves running a single maximum sprint over 20 meters (Age 5-8 years)/30 mts (Age 9-14 years)/50 Mts (Age 15+), with the time recorded. A thorough warm up should be given, including some practice starts and accelerations. Start from a stationary position, with one foot in front of the other. The front foot must be on or behind the starting line. This starting position should be static (dead start). The tester should provide hints for maximizing speed (such as keeping low, driving hard with the arms and legs) and encouraged to continue running hard through the finish line.	Measuring tape or marked track, stopwatch, cone markers, flat and clear surface of at least 60 meters.	Time taken for completion
Standing Vertical Jump (Sargent Jump)	Measures the Leg Muscle Power	The subject stands side on to a wall and reaches up with the hand closest to the wall. Keeping the feet flat on the ground, the point of the fingertips is marked or recorded. This is called the standing reach height. The athlete then stands away from the wall, and leaps vertically as high as possible using both arms and legs to assist in projecting the body upwards. Attempt to touch the wall at the highest	measuring tape or marked wall, chalk powder for marking wall	The jump height is usually recorded as a distance score.

		point of the jump. The difference in distance between the standing reach height and the jump height is the score.		
Plate Tapping Test	Tests speed and coordination of limb movement	If possible, the table height should be adjusted so that the subject is standing comfortably in front of the discs. The two yellow discs are placed with their centers 60 cm apart on the table. The rectangle is placed equidistant between both discs. The non-preferred hand is placed on the rectangle. The subject moves the preferred hand back and forth between the discs over the hand in the middle as quickly as possible. This action is repeated for 25 full cycles (50 taps).	Table (adjustable height), yellow discs (20cm diameter), rectangle (30 x 20 cm), stopwatch.	The time taken to complete 25 cycles is recorded
Alternative Hand Wall Toss Test	Measures hand-eye coordination	A mark is placed a certain distance from the wall (e.g. 2 meters, 3 feet). The person stands behind the line and facing the wall. The ball is thrown from one hand in an underarm action against the wall, and attempted to be caught with the opposite hand. The ball is then thrown back against the wall and caught with the initial hand. The test can continue for a nominated number of attempts or for a set time period (e.g. 30 seconds). By adding the constraint of a set time period, you also add the factor of working under pressure.	tennis ball or baseball, smooth and solid wall, marking tape, stopwatch	Score of the number of successful catches in a 30 second period