

Skill-Related Physical Fitness Pre-Test

1. Agility – SEMO Agility Skill Test: Measures general body agility.

Procedure: Start on the outside of the free throw lane at point A, with your back to the free throw line. When given the “go” command, sidestep from A to B (do not make crossover steps), backpedal from B to D, sprint forward from D to A, again backpedal from A to C, sprint forward from C to B, and sidestep from B to the finish line at A. Score is recorded based on your best time out of two trials. See attached diagram.

2. Balance – 1-Foot Stand Test: Measures static balance.

Procedure: With your shoes and socks removed, stand on your preferred foot, placing the other foot on the inside of the supporting knee and your hands on your hips. When the “go” command is given, raise your heel off the floor and balance yourself as long as possible without moving the ball of your foot from its initial position. The test is over when one of the following happens: 1. Your supporting foot moves; 2. The raised heel touches the floor; 3. Your hands are moved from your hips; 4. One minute has elapsed. Scoring is based on the number of seconds maintained on the preferred foot.

3. Coordination – Soda Pop Test: Assesses overall motor/muscular control movement time.

Procedure: Start the test by placing your dominant hand, with thumb up, on can 1. When the tester gives the signal and the stopwatch is started, proceed to turn the cans of soda pop upside down, placing can 1 inside circle 2, followed by can 2 inside circle 4, and then can 3 inside circle 6. Immediately return all three cans, starting with can 1, then can 2, and can 3, turning them right side up to their original placement. On the return trip, grasp the cans with your hand in a thumb down position. The entire procedure is done twice, without stopping, and is counted as one trial. Two trips up and down are required to complete one trial. If you miss a circle at any time during the test (a can placed on a line or outside a circle), the trial must be repeated from the start. Two test trials are given, and the best time is used as the test score. See attached diagram.

4. Power – Standing Long Jump Test: Measures leg power.

Procedure: Prior to the jump, swing your arms backward and bend your knees. Perform the jump by extending your knees and swinging your arms forward at the same time. The distance is recorded from the takeoff line to the heel or other body part that touches the floor nearest the takeoff line. Three trials are allowed, and the best trial, measured to the nearest inch, becomes the final test score.

5. Reaction Time – Yardstick Test: Measures hand reaction time in response to a visual stimulus.

Procedure: Hold the tips of the thumb and fingers in a “ready to pinch” position, about 1” apart and 3” beyond the edge of the table, with the upper edges of the thumb and index finger parallel to the floor. React by catching the stick when it is dropped. Three trials comprise the test, with the final score being the average of the three.

6. Speed – 50-yard dash: Measures speed.

Procedure: On the go command, run as fast as you can through the finish line. The score is the time that elapses between the starting signal and the moment the participant crosses the finish line.

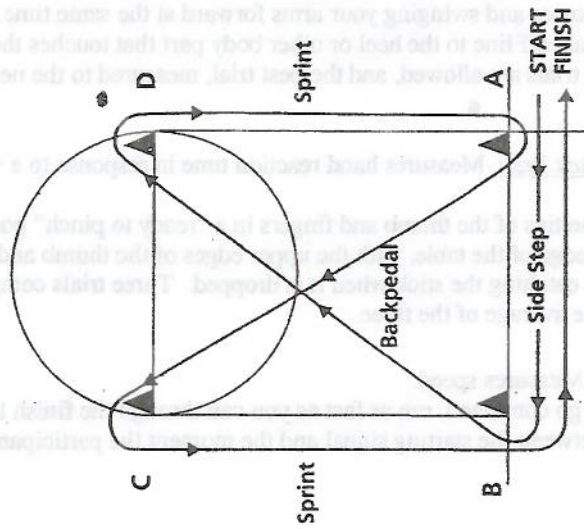


Figure 11.1 Graphic description of the SEMO test for agility.

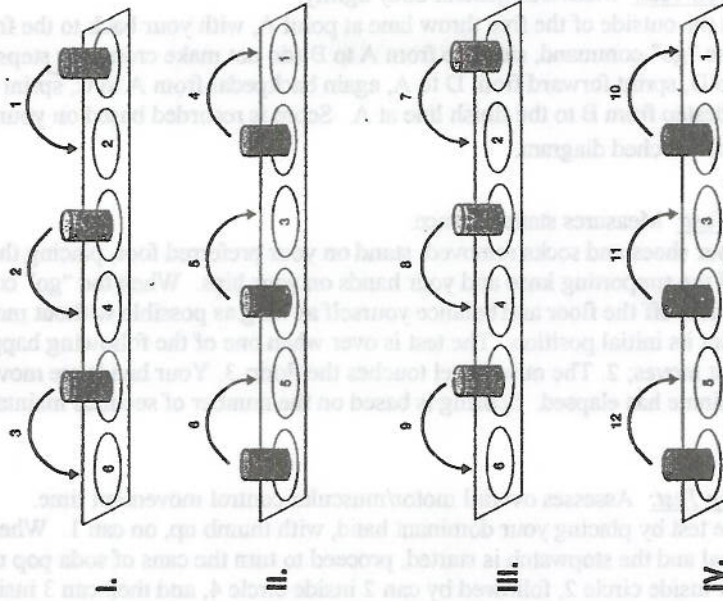


Figure 11.2 Graphic illustration of the "Soda Pop" Test.

Student Name: _____

Teacher: _____ Hour: _____

1. SEMO Agility Test:

Trial 1: _____ Trial 2: _____ Your Percentile Ranking is: _____

2. One-Foot Stand Test:

Time: _____ Your Percentile Ranking is: _____

3. Soda Pop Test:

Trial 1: _____ Trial 2: _____ Your Percentile Ranking is: _____

4. Standing Long Jump Test:

Trial 1: _____ Trial 2: _____ Trial 3: _____

Your Percentile Ranking is: _____

5. Yard Stick Test:

Trial 1: _____ Trial 2: _____ Trial 3: _____ Your Average is: _____

Your Percentile Ranking is: _____

6. 50 Yard Dash:

Trial 1: _____ Trial 2: _____

Your Percentile Ranking is: _____

Totals:

Test 1 Percentile: _____

Total Percentiles of All 6 Tests: _____

Test 2 Percentile: _____

Total Divided By 6: _____

Test 3 Percentile: _____

Overall Percentile: _____

Test 4 Percentile: _____

Skill Related Fitness Category: _____

Test 5 Percentile: _____

Test 6 Percentile: _____

Table 11.3 Skill-Fitness Categories

| Percentile Rank | Category |
|-----------------|-----------|
| 90+ | Excellent |
| 71-89 | Good |
| 41-70 | Average |
| 21-40 | Fair |
| <20 | Poor |

Skill-Related Components of Physical Fitness

Table 11.1 Percentile Ranks and Fitness Classification for Skill-Related Fitness Components — Men

| | Agility* | Balance* | Coordination* | Power** | Reaction Time* | Speed** |
|----|----------|----------|---------------|---------|----------------|---------|
| 99 | 9.5 | 59.8 | 5.8 | 9'10" | 3.5 | 5.4 |
| 95 | 10.3 | 46.9 | 7.5 | 8'5" | 4.2 | 5.9 |
| 90 | 10.6 | 41.1 | 7.7 | 8'2" | 4.5 | 6.0 |
| 80 | 11.1 | 24.9 | 8.5 | 7'10" | 4.9 | 6.3 |
| 70 | 11.5 | 15.4 | 8.9 | 7'7" | 5.3 | 6.4 |
| 60 | 11.7 | 12.0 | 9.3 | 7'5" | 5.5 | 6.5 |
| 50 | 11.9 | 9.2 | 9.6 | 7'2" | 5.8 | 6.6 |
| 40 | 12.1 | 7.3 | 9.9 | 7'0" | 6.1 | 6.8 |
| 30 | 12.4 | 5.8 | 10.2 | 6'8" | 6.5 | 7.0 |
| 20 | 12.9 | 4.3 | 10.7 | 6'4" | 6.7 | 7.1 |
| 10 | 13.7 | 3.1 | 11.3 | 5'10" | 7.2 | 7.5 |
| 5 | 14.0 | 2.6 | 11.8 | 5'3" | 7.4 | 7.9 |

* Norms developed at Boise State University, Department of Physical Education. Research conducted by Werner W. K. Hoeger, Sherman G. Button, and Troy A. Palmer.

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Table 11.2 Percentile Ranks and Fitness Classification for Skill-Related Fitness Components — Women

| | Agility* | Balance* | Coordination* | Power** | Reaction Time* | Speed** |
|----|----------|----------|---------------|---------|----------------|---------|
| 99 | 11.1 | 59.9 | 7.5 | 7'6" | 3.3 | 6.4 |
| 95 | 12.0 | 39.1 | 8.0 | 6'9" | 4.5 | 6.8 |
| 90 | 12.2 | 25.8 | 8.2 | 6'6" | 4.7 | 7.0 |
| 80 | 12.5 | 16.7 | 8.6 | 6'2" | 5.1 | 7.3 |
| 70 | 12.9 | 11.9 | 9.0 | 5'11" | 5.3 | 7.5 |
| 60 | 13.2 | 9.8 | 9.2 | 5'9" | 5.9 | 7.6 |
| 50 | 13.4 | 7.6 | 9.5 | 5'5" | 6.1 | 7.9 |
| 40 | 13.9 | 6.2 | 9.6 | 5'3" | 6.4 | 8.0 |
| 30 | 14.2 | 5.0 | 9.9 | 5'0" | 6.7 | 8.2 |
| 20 | 14.8 | 4.2 | 10.3 | 4'9" | 7.2 | 8.5 |
| 10 | 15.5 | 2.9 | 10.7 | 4'4" | 7.8 | 9.0 |
| 5 | 16.2 | 1.8 | 11.2 | 4'1" | 8.4 | 9.5 |

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Table 11.3 Skill-Fitness Categories.

| Percentile Rank | Fitness Category |
|-----------------|------------------|
| ≥81 | Excellent |
| 61-80 | Good |
| 41-60 | Average |
| 21-40 | Fair |
| ≤20 | Poor |

Student Name: _____

Teacher: _____ Hour: _____

1. SEMO Agility Test:

Trial 1: _____ Trial 2: _____ Your Percentile Ranking is: _____

2. One-Foot Stand Test:

Time: _____ Your Percentile Ranking is: _____

3. Soda Pop Test:

Trial 1: _____ Trial 2: _____ Your Percentile Ranking is: _____

4. Standing Long Jump Test:

Trial 1: _____ Trial 2: _____ Trial 3: _____

Your Percentile Ranking is: _____

5. Yard Stick Test:

Trial 1: _____ Trial 2: _____ Trial 3: _____ Your Average is: _____

Your Percentile Ranking is: _____

6. 50 Yard Dash: Trial 1: _____ Trial 2: _____

Your Percentile Ranking is: _____

Totals:

Test 1 Percentile: _____

Total Percentiles of All 6 Tests: _____

Test 2 Percentile: _____

Total Divided By 6: _____

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| 95 | 12.0 | 39.1 | 8.0 | 6'9" | 4.5 | 6.8 |
| 90 | 12.2 | 25.8 | 8.2 | 6'6" | 4.7 | 7.0 |
| 80 | 12.5 | 16.7 | 8.6 | 6'2" | 5.1 | 7.3 |
| 70 | 12.9 | 11.9 | 9.0 | 5'11" | 5.3 | 7.5 |
| 60 | 13.2 | 9.8 | 9.2 | 5'9" | 5.9 | 7.6 |
| 50 | 13.4 | 7.6 | 9.5 | 5'5" | 6.1 | 7.9 |
| 40 | 13.9 | 6.2 | 9.6 | 5'3" | 6.4 | 8.0 |
| 30 | 14.2 | 5.0 | 9.9 | 5'0" | 6.7 | 8.2 |
| 20 | 14.8 | 4.2 | 10.3 | 4'9" | 7.2 | 8.5 |
| 10 | 15.5 | 2.9 | 10.7 | 4'4" | 7.8 | 9.0 |
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