

# MOTOR FITNESS SCREEN TEST

**What Is Measured?** The test includes 14 items chosen as a result of research studies to represent balance, flexibility, agility, strength, power, and endurance. All of these phases of Motor Fitness are important and their aggregate represents a composite sample of all-around ability in the areas covered.

## TENTATIVE STANDARDS\*

Name of Item	A. Standards for the Passably "Fit" Man	B. Standards for the Average "Fit" Man	C. Standards for the Superior "Fit" Man
1. Foot and Toe Balance	10 sec. each, eyes open	10 sec. each, eyes closed	20 sec. each, eyes closed
2. Squat Stand	10 sec., eyes open	10 sec., eyes closed	20 sec., eyes closed
3. Trunk Extension Flexibility	20 inches	24 inches	28 inches
4. Trunk Flexion, Sitting	8 inches	5 inches	2 inches
5. Extension Press-Up	Abdomen 4 in. up, once	5 times	10 times
6. Man-Lift and Let-Down	Subject's own weight	Subject plus 20 lb.	Subject plus 40 lb.
7. Leg Lifts and Sit-Ups	20 times each	40 times each	60 times each
8. 6-lb. Medicine Ball Put	35 feet	42½ feet	50 feet
9. Running Dive and Roll	6 feet	9 feet	12 feet
10. Skin the Cat (Over and back)	Once	5 times	10 times
11. Bar or Fence Vault	4 ft.-6 in.	5 feet	5 ft.-6 in.
12. Chinning (Pull-Ups)	10 times	14 times	18 times
13. Standing Broad Jump	7 feet	7 ft.-9 in.	8 ft.-6 in.
14. Mile Run	7 minutes	6 minutes	5 minutes

\*Based on experimentation with 2000 to 6000 cases at the University of Illinois, 1941 and 1942.

"Passing" the Motor Fitness Test means passing eleven items according to the passably fit standards (Column A) including two of the endurance standards, i.e., Nos. 7, 12, or 14.

The more desirable minimum standard for the "Fit" man on the initial test is passing *all* of the minimum standards for each of the fourteen items.

After conditioning and instruction, the standards for the average "Fit" man (Column B) should apply. Several years of effort should result in a man being able to achieve the standards for superior "Fit" man (Column C).

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