

4. THE TEST:

The following items, administered in the following order, comprise the test. The purpose and value of the test is indicated opposite each event.

- (1) Pull-up ..... Strength of shoulder girdle and back.
- (2) Standing broad jump... Power of leg muscles.
- (3) Burpee - 20 seconds... Agility.
- (4) Push-up..... Strength of shoulder girdle and back.
- (5) Sit-up..... Abdominal strength.
- (6) 300-Yard Dash..... General endurance; status of circulatory, respiratory and nervous system; strength of leg muscles.

5. TEST EQUIPMENT REQUIRED:

- (1) Two or more horizontal bars.
- (2) Two stop watches.
- (3) One dozen indelible or colored pencils.
- (4) Two broad jump take-off boards, 12" wide, covered with rubber matting; or, two gymnasium mats, painted and marked with lines, 3" apart.
- (5) Two whistles.
- (6) Forms for recording results. (See attached sample forms.)
- (7) A starting flag.

6. INSTRUCTIONS FOR ADMINISTERING THE TEST:

a. The test will be administered in the following order and in strict accordance with the directions given for its administration.

b. Instruction and practice will be given in all events during at least three physical training periods preceding the administration of the test.

(I) PULL-UPS

Equipment needed: Two horizontal bars, diameter  $1\frac{1}{2}$  inches, placed at the standard height for horizontal bars of 9 feet.

Description: With elbows straight, hang suspended from the horizontal bar. Use the ordinary grasp, i.e., knuckles toward the body. Pull up until the chin is above the level of the bar, then return to a straight arm hang. Repeat the movement as many times as possible.

Rules:

- (a) When the body is lowered, it should come all the way down to a position where the arms are completely suspended, elbows straight.
- (b) The knees may be bent slightly, although the legs should be straight to achieve the best form.
- (c) There is no penalty for excessive swinging of the body; however, the checker should help to prevent it.