

ACHIEVEMENT TESTS

To conserve time in testing, detailed standards are given for 18 tests from which the instructor should choose 10 as a battery. The tests have been grouped into three categories according to the general muscle groups primarily tested, namely, (1) arm and shoulder girdle, (2) abdomen and back, and (3) legs. It is recommended that in any battery of ten tests that no less than three tests be chosen from each category and that the first test listed in each category be included. In a battery of five tests or any other number always include the first test listed in each category. Until data are available for the tests under category II use the average performance of a classified group as "good," and locate the other ratings at the 10, 25, 75 and 90 percentiles.

Category I - (Arm and Shoulder Girdle)

1. Push-ups
2. Pull-ups
3. Dips on parallel bars
4. 15 foot rope climb
5. Bar vault

Category II - (Abdomen and Back)

There are no accepted standards available for these events.

6. Sit-ups
7. Hanging half lever
8. Leg lift
9. Forward bend
10. Bank Twist

Category III - (Legs)

11. Potato Race
12. Jump and reach
13. Standing broad jump
14. Running broad jump
15. Running high jump
16. 100 yard dash
17. 440 yard run*
18. 880 yard run*

NOTE --

* These activities should not be attempted below the 10th grade or in classes E and F.