

ACHIEVEMENT TESTS

Achievement Tests serve several valuable purposes. They stimulate the boys and give them an opportunity to see how they rate with the rest of the class. And, for the instructor, they provide a check on his own instruction as well as an opportunity to determine the progress of his class.

The 10 tests selected here index the strength of (1) the arm and shoulder girdle, (2) the abdomen and back, and (3) the legs.

Test	Army Minimum
Push-Ups	not given
Pull-Ups	6
Dips on Parallels.....	not given
Jump and Reach.....	13 in.
Rope Climb (20 ft.).....	20 sec.
Standing Broad Jump.....	6 ft.
Running Broad Jump.....	12 ft.
Running High Jump.....	3 ft. 9 in.
100-Yard Dash.....	14 sec.
440-Yard Run.....	87 sec.

With the exception of the first four tests, these activities are described elsewhere in this book. The first four should be given as follows:

Push-Up: From standing position, place hands on floor and extend legs backward, feet together, back and arms straight with weight supported on hands and toes. Lower body by flexing arms until chest nearly touches floor. Then raise body to starting position. Do as many dips as possible without rest.

Pull-Up: Hang on horizontal bar with arms and legs fully extended, using any grip. From this position, flex arms keeping knees straight, until chin

touches top of bar. Then lower body to original position. Repeat as many times as possible.

Dip on Parallel Bars: Adjust parallel bars to width of chest and above shoulder height. Jump to a support position, arms straight. From this position, flex arms, lowering body until arms are fully bent; then extend arms to original position.

Jump and Reach: Stand with feet close together, heels and toes on ground. Stretch both arms overhead, fingers extended. Measure this height. Then jump straight up, reaching as high as possible. Measure this height, also. The difference between these measurements gives the jump-and-reach score.

HOW TO CLASSIFY

Boys in high school differ greatly in age, height, and weight. These factors tend to favor or handicap them in athletic performance. To classify boys according to only one of these factors is less fair than to take all three factors into consideration.

For this reason, the following plan should be used to classify the boys before the achievement tests are given:

Determine for each boy his age in years and months (to the nearest month), his height (to the nearest half inch), and his weight (to the nearest pound). Use any method that will save time and furnish fairly accurate measurements.