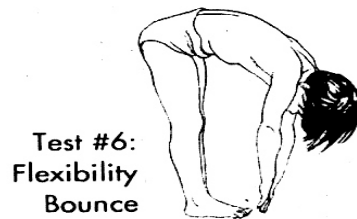


and his hands behind his neck. The examiner holds his chest down. The subject is asked to raise his feet, keeping his knees straight. The examiner counts to 10 seconds.

**Score: Scoring from 0-10** depends on the number of seconds he holds the position.



**Test-6 Purpose :** To measures the flexibility of the lower back and hamstring muscles.

**Procedure :** The subject stands erect, bare-footed, hands at sides and feet together. He is asked to lean down slowly to touch the floor with finger-tips for 10 second. Bouncing and jerking is not allowed. The examiner holds his knees in order to prevent any bending.

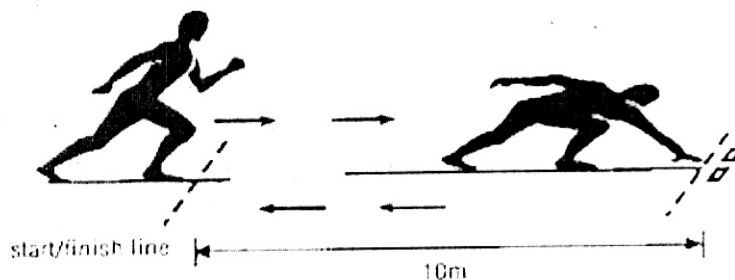
**Score : Scoring from 0-10** depends on the number of seconds he holds the position

## 7.2 **Motor Fitness Test AAHPER** (American Alliance for Health, Physical Education and Recreation)

Motor fitness refers to the capability of an athlete to perform effectively at their particular sports. The components of motor fitness are agility, balance, co-ordination, which entails speed and strength and finally reaction time.

The first version of this test was published in 1958 and then

### 3. Shuttle run



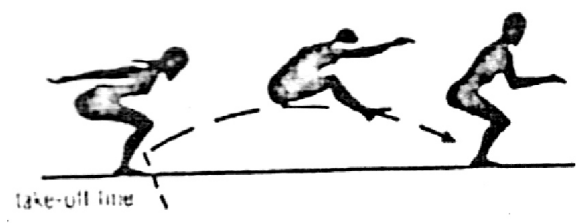
**Purpose :** To measure speed and agility.

**Equipment :** 1. Two wooden blocks 2x4 inches 2. Stop watch

**Procedure :** Two parallel lines are marked 30 feet apart wooden blocks 2x4 inches are kept on one side of marked line. The student stands on the side of the line, where wooden blocks are placed. On start the student runs towards wooden blocks and pick one of them. Then places the block on the line from where he started. The student continues to run and similarly lift other block and place at starting line.

**Score :** The score is elapsed time for complete trial. The better of two trials is taken as final score.

### 4. Standing long Jump



**Purpose :** To measure legs power.

**Equipment** : Mat, Floor or outdoor jumping pit & measuring tape.

**Procedure** : The student is advised to stand on restraining line with feet close and he/she dips at the knee swinging arms before jumping. The student lands on both feet together. The distance from take off line to the heel is measured in inches.

**Score** : The best of three trials is recorded as final score.

5. **50 yards dash**



**Purpose** : To measure speed

**Equipment** : 50 yards marked track, stop watches

**Description** : pupils will take positions behind the starting line. The starter will give the start and the time keeper on finish will take the time on starter's signal.

**Score** : The score is the amount of time between the starter's signal and instant the pupil crosses the finish line. The time is recorded nearest to 10th of a second.