**Class Room Fitness Test**

**Stork Test**

**Purpose**: To assess the ability to balance on the ball of the foot.

**Equipment required:**flat, non-slip surface, [stopwatch](https://www.topendsports.com/resources/stores.htm?type=All&cat=Stopwatches), paper and pencil.

**Procedure:**Remove the shoes and place the hands on the hips, then position the non-supporting foot against the inside knee of the supporting leg. The subject is given one minute to practice the balance. The subject raises the heel to balance on the ball of the foot. The stopwatch is started as the heel is raised from the floor. The stopwatch is stopped if any of the follow occur:

* the hand(s) come off the hips
* the supporting foot swivels or moves (hops) in any direction
* the non-supporting foot loses contact with the knee.
* the heel of the supporting foot touches the floor.



**Sargent Jump**

**Purpose:** to measure the leg muscle power.

**Equipment required:**[measuring tape](https://www.topendsports.com/resources/stores.htm?type=All&cat=Tape%20Measures) or [marked wall](https://www.topendsports.com/testing/products/vertical-jump.htm), chalk for marking wall (or [Vertec](https://www.topendsports.com/testing/equipment-vertec.htm) or [jump mat](https://www.topendsports.com/testing/equipment-jumpmat.htm)).

**Procedure (see also variations below):**the athlete stands side on to a wall and reaches up with the hand closest to the wall. Keeping the feet flat on the ground, the point of the fingertips is marked or recorded. This is called the [standing reach height](https://www.topendsports.com/testing/tests/standing-reach.htm). The athlete then stands away from the wall, and leaps vertically as high as possible using both arms and legs to assist in projecting the body upwards. The jumping technique can or cannot use a countermovement (see [vertical jump technique](https://www.topendsports.com/testing/vertical-jump-technique.htm)). Attempt to touch the wall at the highest point of the jump. The difference in distance between the standing reach height and the jump height is the score. The best of three attempts is recorded.

**Burpee Test:**

This burpee test is a simple test of strength endurance, agility, balance and coordination, in which the participant attempts the maximum number of burpees in a set time period. Another name for the Burpee is the Squat Thrust & Jump.

**Purpose:**this is a test of strength endurance, though body control, balance and coordination are also factors.

**Equipment required:**[stopwatch](https://www.topendsports.com/resources/stores.htm?type=All&cat=Stopwatches), non-slip surface.

**Procedure:**The test requires the athlete to perform as many burpees as possible. The duration of the test can be from 30 seconds up to 5 minutes. Time how many correctly performed burpees are completed in the time limit.

**Alternative Hand Wall Ball:**

**Purpose:**to measure hand-eye coordination

**Equipment required:**tennis ball or baseball, smooth and solid wall, marking tape, [stopwatch](https://www.topendsports.com/resources/stores.htm?type=All&cat=Stopwatches) (optional).

**Procedure:**A mark is placed a certain distance from the wall (e.g. 2 meters, 3 feet). The person stands behind the line and facing the wall. The ball is thrown from one hand in an underarm action against the wall, and attempted to be caught with the opposite hand. The ball is then thrown back against the wall and caught with the initial hand. The test can continue for a nominated number of attempts or for a set time period (e.g. 30 seconds). By adding the constraint of a set time period, you also add the factor of working under pressure.



**Ruler Drop Test:**

**Purpose:**to measure reaction time, hand-eye quickness and attentiveness.

**Equipment required:**1 meter long ruler or Yardstick, calculator.

**Procedure:**The person to be tested stands or sits near the edge of a table, resting their elbow on the table so that their wrist extends over the side. The assessor holds the ruler vertically in the air between the subject's thumb and index finger, but not touching. Align the zero mark with the subjects fingers. The subject should indicate when they are ready. Without warning, release the ruler and let it drop - the subject must catch it as quickly as possible as soon as they see it fall. Record in meters the distance the ruler fell. Repeat several times (e.g. 10 times) and take the average score.

**Calf Flexibility Test:**

**Purpose:** to measure flexibility within the calf muscle.

**Equipment Required:** A non-slip surface and a wall

**Procedure:** Stand facing a wall and bend the knees to touch the wall whilst keeping the heels flat on the floor. Keep moving back to find the furthest distance away from the wall where you can still touch the wall with your knees. Measure the distance from the wall to the heel.

**Wall Sit Test:**

**Purpose:**to measure the strength endurance of the lower body, particularly the strength of your quads, hamstrings and glutes.

**Equipment required:** flat non-slip floor, smooth wall and a [stopwatch](https://www.topendsports.com/resources/stores.htm?type=All&cat=Stopwatches).

**Procedure:**Stand comfortably with feet shoulder width apart and about 2 feet from the wall, with your back against a smooth vertical wall. Slowly slide your back down the wall to assume a position with both your knees and hips at a 90° angle. Move the feet distance from the wall if required. Ensure that the feet are flat on the ground, the back flat against the wall, and the knees and hips are at right angles. The knees should be directly above your ankles (rather than over your toes), and the thighs paraeele to the ground. The timing starts when the correct position is assumed, and is stopped when the subject cannot maintain that position.