

INFORMATION ON TESTING EQUIPMENT

Sources of Testing Equipment

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Measuring Strip for Curl-Up Test

Cut from poster board (see figure 1).

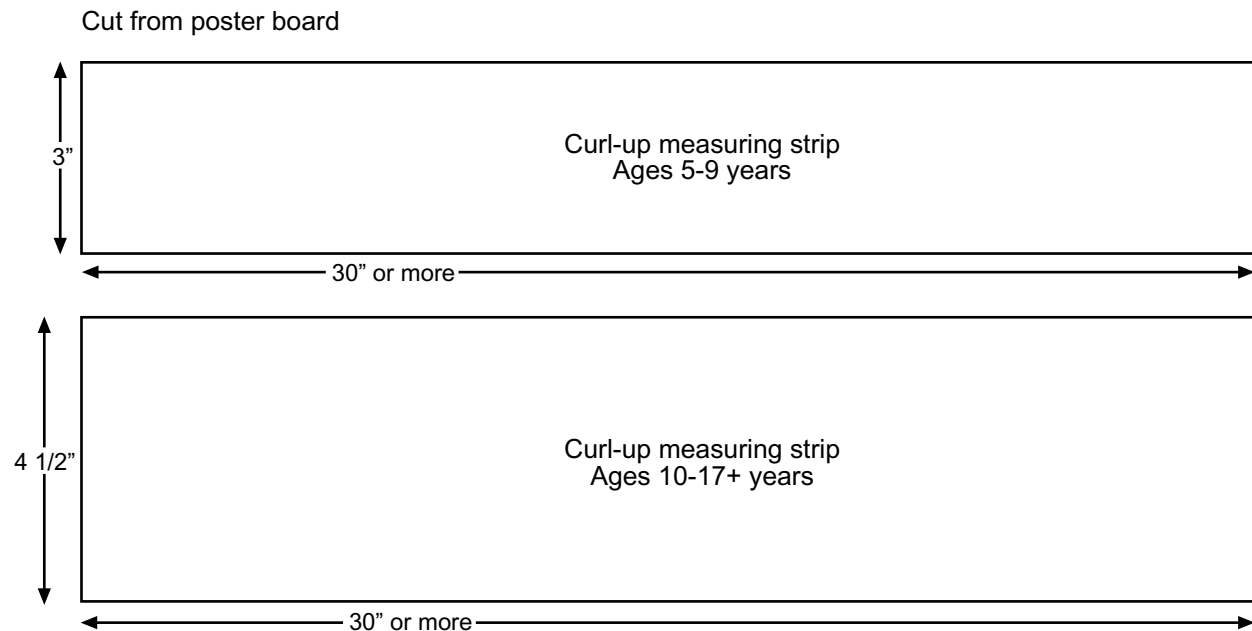


FIGURE 1

Other Suggestions for Measuring Curl-Up Distances

There are any number of methods to measure the distance attained in the curl-up test. The important factor is to ensure that the student is moving the fingertips 3 inches for ages 5 to 9 years and 4 1/2 inches for ages 10 and above. Another factor to consider is that the student should be able to "feel" the stopping point rather than rely on "seeing" it. Do not be afraid to experiment with other methods to measure this distance. The following suggestions are alternative methods that could be used.

1. Use tape and a pencil to indicate the marks. Put tape on the mat at the starting point for the fingertips.

Tape a pencil to the mat parallel to the starting line at the stopping point (3 inches or 4 1/2 inches).

2. Permanent measuring strips like those shown in figure 1 could be cut from a sheet of 1/4-inch plywood. These would need to be carefully sanded to prevent splinters. Laminated poster board would also provide more permanent measuring strips.

3. Measuring cards could be cut to the appropriate width (3 or 4 1/2 inches) out of index cards. Two would be needed for every two students. Cards would need to be taped to the mat in position for the student to slide the fingers from one edge of the card to the other.

Equipment for Modified Pull-Up

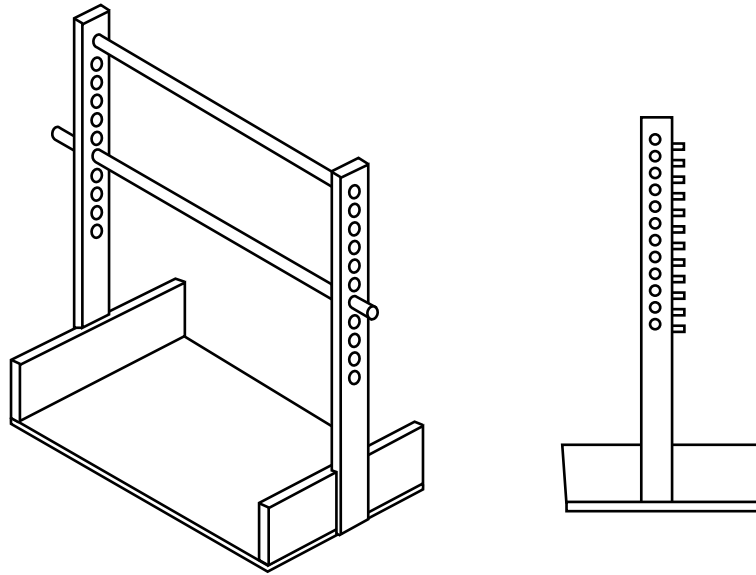


FIGURE 2

Items needed:

Two $2 \times 4 \times 48$ -inch pieces for uprights.

Two $2 \times 8 \times 24$ -inch pieces for base of uprights.

One piece of $3/4$ -inch plywood, 24×39 inches, for support platform

One $1\frac{1}{8}$ -inch steel pipe for chinning bar, at least 43 inches long

One $1\frac{1}{4}$ -inch dowel for top support, 39 inches long

Twenty-four $3/8$ -inch dowel pieces cut $3\frac{1}{2}$ inches long

Nails, wood screws, and wood glue for construction

1. Beginning $2\frac{1}{2}$ inches from the top end of each $2 \times 4 \times 48$ piece, drill one hole through the 2-inch thickness for the $1\frac{1}{4}$ -inch dowel support rod.

2. In each piece, drill 11 more $1\frac{1}{8}$ -inch holes below the first hole, spaced $2\frac{1}{2}$ inches from center to center, for the steel pipe.

3. Beginning $3\frac{3}{4}$ inches from the top of these upright pieces, drill twelve $3/8$ -inch holes into the 4-inch thickness for the dowel pieces. Center these holes between the holes for the steel pipe.

4. Assemble the pieces and finish with polyurethane or shellac.

Equipment for Back-Saver Sit and Reach

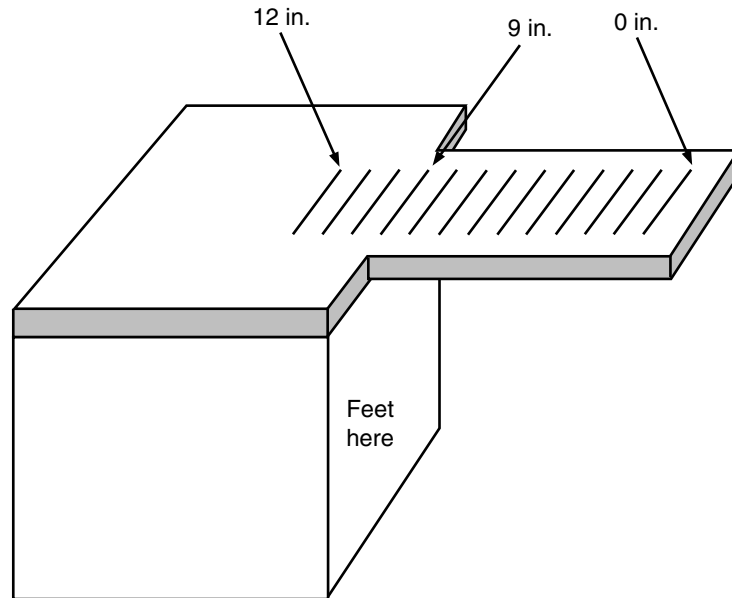


FIGURE 3

Items needed:

1. Using any sturdy wood or comparable material (3/4-inch plywood seems to work well), cut the following pieces:

Two pieces 12 × 12 inches

Two pieces 12 × 10 1/2 inches

One piece 12 × 22 inches

2. Cut 10 × 4-inch pieces from each side of one end of the 12 × 22-inch piece to make the top of the box. Beginning at the small end, mark 1-inch intervals up to 12 inches.

3. Construct a box (use nails, screws, or wood glue) with the remaining four pieces. Attach the top. It is crucial that the 9-inch mark be exactly parallel with the vertical plane against which the subject's foot will

be placed. The 0-inch mark is at the end nearest the subject.

4. Cover the apparatus with polyurethane sealer or shellac.

Alternative Flexibility Testing Apparatus

1. Use a sturdy cardboard box at least 12 inches tall. Turn the box so that the bottom is up. Tape a yardstick to the bottom. The yardstick must be placed so that the 9-inch mark is exactly parallel with the vertical plane against which the subject's foot will be placed and the 0-inch end is nearer the subject.

2. Use a bench that is about 12 inches wide. Turn the bench on its side. Tape a yardstick to the bench so that the 9-inch mark is exactly parallel with the vertical plane against which the subject's foot will be placed and the 0-inch end is nearer the subject.