

# Taking Selected Measurements of a PPE

## Body composition: skinfold

There are five areas that can be used to test fat content, including the thigh, abdomen, subscapular, triceps, and iliac crest.

Proper steps for skinfold measurement

1. Select the area of skin in one of the five areas.
2. Grasp a fold of skin between the index finger and thumb.
3. Apply the calipers to the fold of the skin.
4. Read the caliper dial for the measurement.
5. Record the measurement.

## Blood pressure

To properly measure blood pressure, the following sequence should be followed (Anderson, Parr and Hall 2009):

1. Apply the deflated blood pressure cuff above the elbow.
2. Place stethoscope over brachial artery at the medial aspect of the anterior elbow.
3. Inflate the cuff to 200 mm Hg.
4. Deflate the cuff at a rate of 3 mm Hg per second.
5. Listen for the first audible beat sound – this will be the systolic portion.
6. Note when the sound disappears – this will be diastolic portion.
7. Record the blood pressure systolic / diastolic.
8. Remove the blood pressure cuff.

## Fitness testing

Test	What is being tested
Bench press – 1 repetition at maximum	Low speed muscular strength
Back squat – 1 repetition at maximum	Low speed muscular strength
Power clean – 1 repetition at maximum	High speed muscular strength
Standing long jump	High speed muscular strength
Vertical jump	High speed muscular strength
300-yard shuttle run	Anaerobic capacity
Partial curl up	Muscular strength
Push-up	Muscular strength
12-minute run	Aerobic capacity
20-yard shuttle run	Agility
40-yard sprint	Speed