

## Practical 3



**Component Measured:** Flexibility

“It is the ability to move joints through their full range of motion”.

**Name of the Test:** Sit and Reach Test

### Aim

To measure the flexibility of the lower back and hamstring muscles by using Sit and Reach test.

**Required Equipment:** For conducting this test a Sit and reach box (or alternatively a ruler can be used, and a step or box) is required.

**Testing Procedure:** The participant is asked to remove his/her shoes and place his/her feet against the testing box while sitting on the floor with straight knees (see figure 4). Now the participant is asked to place one hand on top of the other so that the middle finger of both hands are together at the same length. The participant is instructed to lean forwards and place his/her hands over the measuring scale lying on the top of the box with its 10 inches marks coinciding with the front edge of the testing box. Then, the participant is asked to slide his/her hands along the measuring scale as far as possible without bouncing and to hold the farthest position for at least one second.



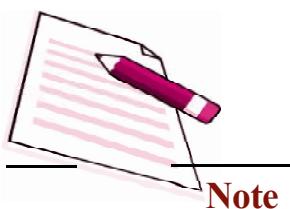
Figure 4: Sit and reach test

**Scoring Procedure:** Each participant is given three trials and the highest score nearest to an inch is recorded and 10 inches are subtracted from the recorded reading to obtain the flexibility score which is compared with the standards given in table 1.



Note



**Note****Table 1: Evaluation standards for the sit and reach test for male and females.**

<b>Males (Age 17-22 yrs)</b>	<b>Female (16-21 yrs)</b>	<b>Evaluation Standards</b>
Performance score in inches		
7 or above	8 or above	Excellent
5 to 6	6 to 7	Good
3 to 4	4 to 5	Above average
1 to 2	1 to 3	Average
0 to -1	0 to -1	Below average
-2 and below	-2 and below	Poor

### Effect and Observations

Perform sit and reach test for 8 consecutive days and fill the below table with your score.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Flexibility (Inches)								

### Observation

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### Remarks

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(Signature of the Instructor)

