

Practical 6



Component Measured: Power

“Power is the ability to exert a maximal force in as short a time as possible, as in accelerating, jumping and throwing implements”.

Name of the Test: Standing Broad Jump

Aim

To measure power of lower extremities by using standing broad jump.

Required Equipment: A long jump pit/a flat soft surface and measuring tape are required to conduct this test.

Testing Procedure: The participant will be asked to stand behind the starting line with parallel feet. Participant will be directed to jump as far as possible by bending knees and swinging arms from the take-off broad starting line in forward direction. A demonstration of the standing broad jump can be given to the participant before the test. Three trials can be given and best out of three will be counted as the final score.

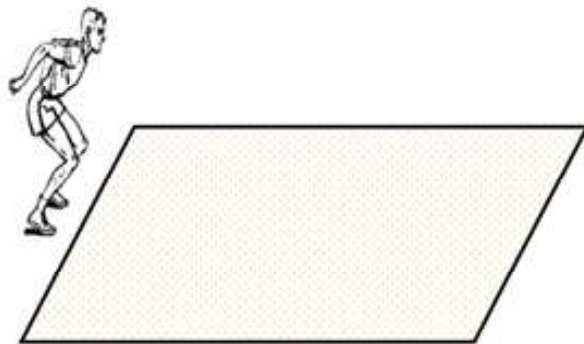


Figure 6: Standing broad jump

Scoring Procedure: The distance between the starting line and the nearest point of landing provides the score of the test. The best distance out of three trials is used as the final score of the test.

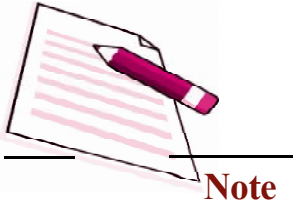
Effect and Observations

Perform Standing Broad Jump for 15 consecutive days and fill the below table with your score.



Note





Physical Effects	D 1	D 3	D 5	D 7	D 9	D11	D13	D15
SBJ Distance (in Meters)								

Observation

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(Signature of the Instructor)

