

# Symbiosis School of Sports Sciences

## B.Sc. (Sport and Exercise Science)

### Procedure and details of Field Test

Sr. No.	Field Test	Fitness Component	Marks	Submission Format in Google Form
1	Cooper 12 mins Run/Walk	Cardiovascular Endurance	10	Image (JPG/PNG) of the results (Screenshot)
2	V Sit and Reach	Flexibility	10	Video (MP4)
3	Plank	Muscular Endurance	10	Video (MP4)
4	1 Minute Push-Up	Muscular Endurance	10	Video (MP4)
<b>Total</b>			<b>40</b>	

#### 1. Cooper 12 mins Run/Walk

**Purpose:** The Cooper 12-minute run/walk test requires the person being tested to run or walk as far as possible in 12 minutes.

The objective of the test is to measure the maximum distance covered by the individual during the 12 minutes

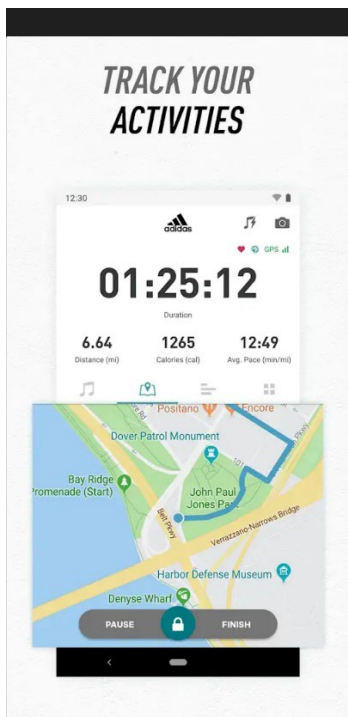
**Procedure:** Follow the YouTube link provided to Perform the test for 12 minutes.

<https://youtu.be/IYCxnq94tQw>



Source: <https://www.runnersworld.com/uk/training/a772872/study-shows-benefits-of-run-walk-strategy/>

The athlete is required to download the “Adidas Running - Run Tracker” app from the play store and install it on your mobile. The application is available on both iOS and Android platforms. The athlete needs to use this app while performing the test. Data recorded (see figure below) in the app for 12 minutes run/walk test will be used for calculating the score.



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**Scoring:** The athlete is required to save the results (take a screenshot) once completed.

**Norms:**

Grade	Male	Female	Marks
<b>Excellent</b>	>2500m	>2000m	10
<b>Above Average</b>	2200 – 2500m	1800 – 2000m	8
<b>Average</b>	2000 – 2199m	1500 – 1799m	5
<b>Below Average</b>	1800 – 1999m	1400 – 1499m	2
<b>Poor</b>	< 1800m	< 1400m	0

**Checkpoints:**

- Warm-up must be done before the activity.
- A water bottle can be kept handy to sip water in between if required.
- Cooling down and stretching must be done after the completion of the activity.

## 2. V Sit and Reach

**Purpose:** The test specifically measures the flexibility of the lower back and hamstring muscles. This test is important as because tightness in this area is implicated in lumbar lordosis, forward pelvic tilt and lower back pain.

**Procedure:** The athlete removes his/her shoes and sits on the floor with the measuring line between their legs and the soles of their feet placed immediately behind the baseline, heels 8-12" apart. The thumbs are clasped so that hands are together, palms facing down and placed on measuring line. With the legs held flat by a partner, the athlete slowly reaches

forward as far as possible, keeping the fingers on baseline and feet flexed. After three practice tries, the student holds the fourth reach for three seconds while that distance is recorded. Make sure there are no jerky movements, and that the fingertips remain level and the legs flat.

Follow the YouTube link provided to Perform the test

<https://www.youtube.com/watch?v=No8wJ3X3A3Y>



Source: <http://www.bodytrainer.tv/en/page/2/35-37-V-Sit+Flexibility+Test>

**Scoring:** Distance reached with reference to the baseline in centimetres.

- On baseline is equal to zero.
- Before Baseline distance will be measured in minus.
- After baseline (crossed) distance will be measured in plus.

**Norms:**

Grade	Male (in cm)	Female (in cm)	Marks
Excellent	> +16	> +20	10
Above Average	+6 to +16	+11 to +20	8
Average	0 to +5	+1 to +10	5
Below Average	-8 to -1	-7 to 0	2
Poor	< -8	< -7	0

**Checkpoints:**

- Proper warm-up and static stretching of the lower back and posterior thighs is very important for this test.
- Keep hands over each other (fish pose).
- The test trial is repeated if the hands reach out unevenly or the knees are flexed at the time of doing the test

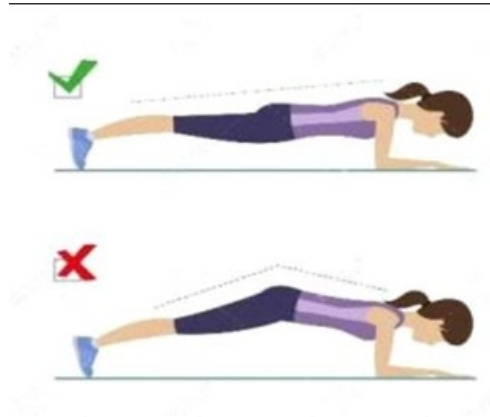
### 3. Plank

**Purpose:** The plank test measures the control and endurance of the back/core stabilizing muscles.

**Procedure:** The aim of this test is to hold an elevated position as shown in below figure for as long as possible.

Follow the YouTube link provided to Perform the test

<https://youtu.be/pSHjTRCQxlw>



Source: <https://www.istockphoto.com/illustrations/planks-exercise>

**Scoring:** The score is the total time the correct plank position is maintained.

**Norms:**

Grade	Male Duration (Seconds)	Female Duration (Seconds)	Marks
Excellent	> 150	> 120	10
Above Average	101 – 150	81 – 120	8
Average	61 – 100	51 – 80	5
Below Average	30 – 60	20 – 50	2
Poor	< 30	< 20	0

**Checkpoints:**

- Warm up must be done before the activity.
- Cool down and stretches must be done after completion of activity.
- Upper body to be supported off the ground by elbows and forearms as shown in figure.
- Legs to be kept straight with weight taken by the toes Hips lifted off the floor creating a Straight line from head to toe.
- Keep your neck in neutral position
- The test is over when the athlete is unable to hold the back straight and the hip is Lowered.

## 4. 1 Minute Push-Up

**Purpose:** To measure the upper body muscular strength endurance.

**Procedure:**

- A standard push up begins with the hands and toes touching the floor, the body and legs in a straight line, feet slightly apart, the arms at shoulder width apart, extended and at a right angle to the body.
- Keeping the back and knees straight, the subject lowers the body to a predetermined point, to touch some other object, or until there is a 90-degree angle at the elbows, then returns back to the starting position with the arms extended.
- This action is repeated, and the test continues until exhaustion, or until they can do no more in rhythm or have reached the target number of push-ups.
- For Female: push-up technique is with the knees resting on the ground (also known as Modified Push-Up)

Follow the YouTube link provided to Perform the test

1. Push-up (for Male): <https://www.youtube.com/watch?v=T6Qa3Qg58UU>



Source: <https://www.openfit.com/how-to-get-better-at-push-ups>

2. Modified Push-up (for Female): <https://www.youtube.com/watch?v=SVfWdQTyEMs>



Source: <https://www.shutterstock.com/search/knee+push+ups>

**Scoring:** Maximum number of Push-up in one minute

**Norms:**

Rating	Male (counts)	Female (counts)	Marks
Excellent	> 46	> 27	10
Above Average	35-46	21-27	8
Average	19-34	11-20	5
Below Average	11-18	6-10	2
Poor	< 11	< 6	0

**Checkpoints:**

- Warm-up must be done before the activity.
- Cooldown and stretches must be done after the completion of the activity.

\*The selected candidates have to perform the mentioned test again in-person after coming to the campus. If there is any significant difference found in the video and the actual performance then the Institute holds the right to cancel the admission.

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