

BALANCE



OBJECTIVE:

To measure single leg balance

EQUIPMENT:

Measuring tape



1 PRIOR TO TESTING:

- ☑ Lay out measuring tape on the floor (weight room or court) and make sure tape is straight.

2 TEST INSTRUCTION & EXECUTION:

Conduct assessment on a hard surface. First, coach measures lower limb length (right or left leg). Second, coach records absolute reach distance (toe tap) for both the right and left leg.

Proper single leg reach execution:

1. To measure limb length, have students palpate to find iliac crest. Have them hold measuring tape while the coach measures the distance from the iliac crest to the lateral malleolus.
2. Have student align their toes perpendicular to the end of the measuring tape standing with their feet together.
3. With their hands firmly placed on hips, the student should be instructed to reach forward as far as possible with their right foot, tap softly next to the measuring tape and return to the starting upright position.
4. Students should repeat this with the same foot for a total of two successful reaches. After they have completed two successful reaches with their right foot, they are then permitted to repeat this process with their left foot.
5. Record the best reach distance for each side to calculate the absolute reach distance.
6. Record limb length and absolute reach on Athlos Tools in the spaces provided. Athlos Tools will calculate the relative reach distance for each student.

3 SCORING

- ☑ Only one limb length measurement is necessary
- ☑ Students are scored on the left and right sides
- ☑ Reach distances should be recorded to the nearest 0.5cm
- ☑ Disqualifications:
 - Student is disqualified if they touch their foot to the floor (other than the toe tap) before returning to the starting position. Any loss of balance will result in a failed attempt.
 - Student is disqualified if they place their foot firmly (weight bearing) on the ground during the reach – they must only slightly tap the ground in front of them.