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Sit & Reach Test

Testing and measurement are the means of collecting information upon which subsequent performance evaluations and decisions are made but in the analysis we need to bear in mind the factors that may influence the results.

Objective

The objective of this test is to monitor the development of the athlete's lower back and hamstring flexibility.

Required Resources

To undertake this test you will require:

The Sit and Reach Test is conducted as follows:

Box

- Metre Ruler
- Tape Assistant

Assessment

How to conduct the test

• The athlete warms up for 10 minutes and then removes their shoes

- The assistant secures the ruler to the box top with the tape so that the front edge of the box lines up with the 15cm (6 inches) mark on the ruler and the zero end of the ruler points towards the athlete
- The athlete sits on the floor with their legs fully extended with the bottom of their bare feet against the box

Calculate

- The athlete performs the test three times
- The assistant calculates and records the average of the three distances and uses this value to assess the athleteâ-Is performance

• The athlete places one hand on top of the other, slowly bends forward and reaches along the top of the ruler as far as possible holding the stretch for two • The assistant records the distance reached by the athleteâ-Is finger tips (cm)

For an evaluation of the athlete's performance select the age group and gender, enter the best distance and then select the 'Calculate' button.

Gender Male Distance cm

Normative data for the Sit & Reach test

The following table is for 16 to 19 year olds (Davis et al. 2000, p. 126) [1]:

Gender	Excellent	Above average	Average	Below average	Poor
Male	>14	14.0 - 11.0	10.9 - 7.0	6.9 - 4.0	<4
Female	>15	15.0 - 12.0	11.9 - 7.0	6.9 - 4.0	<4

Analysis Analysis of the test result is by comparing it with the athlete's previous results for this test. It is expected that, with appropriate training between each test, the analysis would indicate an improvement

Assessment

Target Group

in the athlete's flexibility.

This test is suitable for active individuals but not for those where the test would be contraindicated. Reliability

Test reliability refers to the degree to which a test is consistent and stable in measuring what it is intended to measure. Reliability will depend upon how strict the test is conducted and the individual's level of motivation to perform the test. The following link provides a variety of factors that may influence the results and therefore the test reliability.

Validity

Test validity refers to the degree to which the test actually measures what it claims to measure and the extent to which inferences, conclusions, and decisions made on the basis of test scores are appropriate and meaningful. This test provides a means to monitor the effect of training on the athlete's physical development.

Advantages

- Minimal equipment required
- Simple to set up and conduct Can be conducted almost anywhere

Disadvantages

• Specialist equipment required · Assistant required to administer the test

Referenced Material

1. DAVIS, B. et al. (2000) Physical Education and the study of sport, 4th ed. Great Britian: Harcourt Publishers Ltd.

Page Reference

The reference for this page is:

• MACKENZIE, B. (2000) Sit and Reach Test [WWW] Available from: http://www.brianmac.co.uk/sitreach.htm [Accessed 27/2/2021]

Associated Pages

The following Sports Coach pages should be read in conjunction with this page:

- Evaluation and Performance Tests
 - Learn how to avoid sports injury & do away with stiff, aching muscles >> Click here

Additional Sources of Information

• Articles on Performance Evaluation

For further information on this topic see the following:

- BEASHEL, P. and TAYLOR, J. (1996) Advanced Studies in Physical Education and Sport. UK: Thomas Nelson and Sons Ltd. • BEASHEL, P. and TAYLOR, J. (1997) The World of Sport Examined. UK: Thomas Nelson and Sons Ltd.
- BIZLEY, K. (1994) Examining Physical Education. Oxford; Heinemann Educational Publishers • DAVIS, B. et al. (2000) Physical Education and the Study of Sport. UK London: Harcourt Publishers Ltd.
- GALLIGAN, F. et al. (2000) Advanced PE for Edexcel. Oxford; Heinemann Educational Publishers • McARDLE, W. et al. (2000) Essentials of Exercise Physiology. 2nd ed. Philadelphia: Lippincott Williams and Wilkins
- CHU, D. (1996) Explosive Power and Strength. USA; Human Kinetics Publishers, Inc.