

# Aahperd volleyball skill test administration

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The AAHPERD Youth Fitness Test\*\*

The AAHPERD (American Alliance for Health, Physical Education, Recreation and Dance) Youth Fitness Test is a comprehensive assessment tool used to evaluate the physical fitness of children and adolescents. It is designed to measure key fitness components that are essential for overall health and well-being.

### Components of the AAHPERD Youth Fitness Test

The test consists of six components:

1. Body composition
2. Cardiovascular endurance
3. Flexibility
4. Muscular strength
5. Muscular endurance
6. Speed

### How the AAHPERD Youth Fitness Test is Administered

The test is usually administered in a gym or outdoor setting. Each component is measured using a specific protocol that ensures consistency and accuracy.

### Procedure for Conducting the AAHPERD Youth Fitness Test

1. **Body Composition:** Assessed using body mass index (BMI) or skinfold measurements.
2. **Cardiovascular Endurance:** Measured using the 20-meter shuttle run or other endurance-based tests.

3. **Flexibility:** Evaluated through sit-and-reach or other flexibility exercises.
4. **Muscular Strength:** Tested using push-ups, pull-ups, or other strength-based movements.
5. **Muscular Endurance:** Measured through curl-ups, sit-ups, or other endurance-based exercises.
6. **Speed:** Assessed using the 50-yard dash or other speed-based tests.

### **FitnessGram Test**

The FitnessGram test is a modernized version of the AAHPERD Youth Fitness Test. It uses advanced technology to track and record performance data. The FitnessGram consists of seven components:

1. Cardiovascular endurance
2. Muscular strength
3. Muscular endurance
4. Flexibility
5. Body composition
6. Speed
7. Agility

### **Administering the FitnessGram Curl Up Test**

To administer the curl-up test:

1. Have the child lie on their back with their knees bent and feet flat on the floor.
2. Place your hands on their shoulders to keep them in place.
3. Have them perform curl-ups by lifting their upper body off the ground and touching their chest to their knees.
4. Count the number of curl-ups they complete in 60 seconds.

### **Conducting the Yo-Yo Test**

The Yo-Yo test is a cardiovascular endurance test:

1. Clear an area about 20 meters long.
2. Mark a starting line and a turnaround point at the other end.
3. Have the child run from the starting line to the turnaround point and back.

4. Each time they reach the turnaround point, the time is recorded.
5. Repeat the intervals until the child reaches exhaustion.

### **Procedure for Administering Senior Citizen Fitness Test**

For senior citizens, a modified version of the AAHPERD Youth Fitness Test is used. The test includes components such as:

1. Chair stand test
2. Arm curl test
3. Sit-and-reach test
4. Balance test
5. Walking speed test

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