

## Standard metric ranges

### Jump Height /Unit - metres

Sport/Device	Minimum (m)	Normal (m)	Peak (m)	Source/Notes
Football (NCAA)	0.30	0.41 - 0.55	>0.70	NCAA-level athlete data <a href="#">physio-pedia +1</a>
Men's Basketball (NCAA)	0.30	0.48 - 0.66	0.71 - 0.84	NCAA Division I & other college athlete studies <a href="#">ovrperformance +1</a>
Women's Basketball (NCAA)	0.20	0.31 - 0.45	>0.60	NCAA athlete testing data <a href="#">physio-pedia +1</a>

### Peak Propulsive Power /Unit- Watts

Sport	Device	Minimum W	Normal/Elite Range W	Peak W	Source Highlights
Football	Hawkin	~3,000-5,000	5,000-8,000	~10,000	Peak propulsive power up to 10,000 W reported in elite football players at NFL Combine <a href="#">youtube</a>
Men's Basketball	Hawkin	~3,500-6,000	6,000-9,000	9,500-10,000+	NCAA D1 Men's basketball players normative CMJ data showed power peak means around 6,000-9,000 W with elite peaks higher <a href="#">journal.iusca +1</a>
Women's Basketball	Hawkin	~2,500-4,500	4,500-7,000	7,000-8,000	Elite female basketballers showed mean conc. power to exceed 4,500 W, with peaks reported near 7,000 W <a href="#">pmc.ncbi.nlm.nih</a>

## Reactive Strength Index – Modified (unit metre/sec)

Sport	Source/Device	RSI Range Minimum	RSI Range Normal/Elite	RSI Range Peak	Notes and Citation
Football	NCAA (general RSI)	~0.25 (low)	0.40 - 0.55 (normal/elite)	~0.60+ (peak)	NCAA Division I football athletes show RSI modified (RSI_mod) values around 0.30 to 0.60 m/s for males <a href="#">pmc.ncbi.nlm.nih</a> .
Men's Basketball	NCAA Division I	0.26 (5th percentile)	0.40 - 0.55 (50th-85th pctl)	~0.63+ (97th percentile)	RSI_mod data from 151 NCAA D1 male basketball players: mean RSI_mod $0.42 \pm 0.10$ m/s, with elite/peak up to 0.63+ m/s <a href="#">pmc.ncbi.nlm.nih</a> .
Women's Basketball	NCAA Division I	0.14 (5th percentile)	0.30 - 0.43 (50th-85th pctl)	~0.50 (97th percentile)	RSI_mod data for 75 female collegiate athletes shows lower overall RSI than males, with mean $0.31 \pm 0.09$ m/s and peak near 0.50 m/s <a href="#">pmc.ncbi.nlm.nih</a> .

Metric	Sport	Gender	Minimum Range	Normal Range	Peak Range
Hawkins Peak Velocity	Basketball	Men	3.0 - 3.5 m/s	3.5 - 4.5 m/s	4.5 - 5.0+ m/s
	Basketball	Women	2.5 - 3.0 m/s	3.0 - 4.0 m/s	4.0 - 4.5+ m/s
	Football	N/A	3.0 - 3.5 m/s	3.5 - 4.5 m/s	4.5 - 5.0+ m/s
Kinexon Speed Max	Basketball	Men	4.0 - 6.0 m/s	6.0 - 8.0 m/s	8.0 - 9.0+ m/s
	Basketball	Women	3.5 - 5.5 m/s	5.5 - 7.5 m/s	7.5 - 8.5+ m/s
	Football	N/A	5.0 - 6.5 m/s	6.5 - 8.5 m/s	8.5 - 10.0+ m/s
Kinexon Total Distance	Basketball	Men	4000 - 5000 m/game	5000 - 7000 m/game	7000 - 7500+ m/game
	Basketball	Women	3500 - 4500 m/game	4500 - 6000 m/game	6000 - 6500+ m/game
	Football	N/A	8000 - 9000 m/game	9000 - 11500 m/game	11500 - 12000+ m/game