

NAPFA TEST ITEMS

Test Item No. 1

BENT –KNEE SIT-UPS (WITH HANDS CUPPING EARS)

Maximum number of bent knee sit-ups in one minute, as a measure of anterior abdominal muscular endurance and strength

Description:

1. Lie supine (face up), with knees bent at about 90°, feet shoulder width apart and firmly held down by partner at the ankle. This is the starting position.
2. With hands cupping the ear, curl up to simultaneously touch the knees with the respective elbows. Return to the starting position, making contact with the floor (or mat) with shoulders.
3. One sit-up is counted when, and only when, the elbows touch knees. Repeat, doing as many sit-ups as possible within 60 seconds.
4. Rest between sit-ups is permitted.

Scoring

Total number of correctly-executed sit-ups in one minute.

Test Item No. 2

STANDING BROAD JUMP

Better of two consecutive broad jump distances, as a measure of lower limb extensor muscular power.

Description

1. Stand with feet about shoulder width apart and toes just behind the take-off line.
2. Prepare to jump forward by swinging the arms back and forth and rhythmically bending the knees to about 90°.
3. Jump as far forward as possible, taking off with both feet and landing with both feet. (Attempt is not counted if subject loses balance and falls backwards, touching the area behind feet with any part of his/her body.)
4. The distance, to the nearest centimetre, between the take-off line and the heel nearer to that line is the performance score.
5. The better of the two valid attempts shall count.

Scoring

Better of two correctly executed jump distances.

Test Item No. 3
SIT-AND-REACH

Better of two consecutive sit-and-reach forward distances as a measure of forward trunk flexibility, hip flexion and hamstring muscle stretch.

Description

1. Sit with the head, back, shoulders and hips against the back-rest and place both feet, shoulder width apart, against the foot-rest.
2. Stretch out both arms in front of the body with hands together, palms down, thumbs interlocked and index fingers in contact with each other, middle fingers touching the tip of sliding rule (zero point) and maintaining body position throughout as in (A). This is the starting position.
3. In one movement, reach forward as far as possible, pushing the moveable marker along the scale, and hold the extreme position for at least 2 seconds as in (B).
4. The furthest distance reached as indicated by the marker, to the nearest centimetre, is the performance score.
5. The better of the two attempts shall count.

Scoring

Better of two correctly executed sit-and-reach distances to nearest cm.

Test Item No. 4a
A. INCLINED PULL-UP

(FOR ALL FEMALES AND FOR MALES 9 TO BELOW 15 YEARS)

Maximum number of inclined pull-ups in one minute, as a measure of upper limb muscular endurance and strength.

Description

1. Lie supine (face up) under the horizontal bar with the chin rod directly over eyes. (The outstretched hands should be about 5cm beyond the reach of the horizontal bar).
2. Hang from the bar with an overhand grasp (palms forward), hands shoulder width apart and elbow straight (the whole body to be kept straight) with heels resting on the floor. This is the starting position.
3. Pull up until the chin reaches the chin rod (not necessarily touching it), keeping the body straight at all times. This is one pull-up. Return to starting position. The pull up will not count if the chin fails to reach (i.e. in line with) the chin rod or when any part of the body (other than the heels) touches the floor.
4. Repeat, doing as many pull-ups as possible in 30s OR until no more complete pull-up is possible, whichever comes first. This is the performance score.
5. Rest between pull-ups is permitted.

Scoring

Maximum number of inclined pull-ups in half a minute.

Test Item No. 5

4 x 10m SHUTTLE RUN

Faster of two attempts to complete a 4 x 10m shuttle run, as a measure of general speed, agility and coordination.

Description

1. Stand with toes just behind the starting line, facing the wooden blocks/bags.
2. On command, run across to pick up one block/bag and return to place it behind the starting line; run back to pick up the second block/bag and run towards and across the starting line.
3. Pupils need not place the second block/bag behind the starting line.
4. The time, to the nearest one-tenth second, is the performance score.
5. The better of two attempts shall count.

Scoring

Faster of two correctly executed shuttle runs, to nearest tenth of a second.

Test Item No. 6

1.6KM RUN/WALK

Minimum time taken to run/walk 1.6km on a firm and level surface, as a measure of cardiorespiratory endurance (aerobic fitness) and lower limb muscular endurance.

Description

1. On command, run, jog or walk on a firm and level ground for 1.6km in the shortest time possible. A stadium track is recommended.
2. The time, to the nearest 1 second, is the performance score.
3. Rest during the test is permitted.

Scoring

Minimum time, to the nearest second, to complete 1.6km distance.