

## KIN 010 TESTING KEYS:

### BMI- Adult Body Mass Index Chart

		Weight (lbs)																							
		120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	320	340	360	380	400
Height (in)	60	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	63	66	70	74	78
	62	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55	59	62	66	70	73
	64	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52	55	58	62	65	69
	66	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49	52	55	58	61	65
	68	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46	48	52	55	58	61
	70	17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43	46	49	52	55	57
	72	16	18	19	20	22	23	24	26	27	29	30	31	33	34	35	37	38	39	41	43	46	49	52	54
	74	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39	41	44	46	49	51
	76	15	16	17	18	20	21	22	23	24	26	27	28	29	30	32	33	34	35	37	40	41	44	46	49
		Underweight				Normal Weight				Overweight				Obese				Extremely Obese							

### % Body Fat Chart - WOMEN

AGE	18-20	21-25	26-30	31-35	36-40	41-45	46-50	51-55	56 & UP								
18-20	11.3	13.5	15.7	17.7	19.7	21.5	23.2	24.8	26.3	27.7	29.0	30.2	31.3	32.3	33.1	33.9	34.6
21-25	11.9	14.2	16.3	18.4	20.3	22.1	23.8	25.5	27.0	28.4	29.6	30.8	31.9	32.9	33.8	34.5	35.2
26-30	12.5	14.8	16.9	19.0	20.9	22.7	24.5	26.1	27.6	29.0	30.3	31.5	32.5	33.5	34.4	35.2	35.8
31-35	13.2	15.4	17.6	19.6	21.5	23.4	25.1	26.7	28.2	29.6	30.9	32.1	33.2	34.1	35.0	35.8	36.4
36-40	13.8	16.0	18.2	20.2	22.2	24.0	25.7	27.3	28.8	30.2	31.5	32.7	33.8	34.8	35.6	36.4	37.0
41-45	14.4	16.7	18.8	20.8	22.8	24.6	26.3	27.9	29.4	30.8	32.1	33.3	34.4	35.4	36.3	37.0	37.7
46-50	15.0	17.3	19.4	21.5	23.4	25.2	26.9	28.6	30.1	31.5	32.8	34.0	35.0	36.0	36.9	37.6	38.3
51-55	15.6	17.9	20.0	22.1	24.0	25.9	27.6	29.2	30.7	32.1	33.4	34.6	35.6	36.6	37.5	38.3	38.9
56 & UP	16.3	18.5	20.7	22.7	24.6	26.5	28.2	29.8	31.3	32.7	34.0	35.2	36.3	37.2	38.1	38.9	39.5
		LEAN			IDEAL			AVERAGE			OVERFAT						

### % Body Fat Chart - MEN

AGE	18-20	21-25	26-30	31-35	36-40	41-45	46-50	51-55	56 & UP								
18-20	2.0	3.9	6.2	8.5	10.5	12.5	14.3	16.0	17.5	18.9	20.2	21.3	22.3	23.1	23.8	24.3	24.9
21-25	2.5	4.9	7.3	9.5	11.6	13.6	15.4	17.0	18.6	20.0	21.2	22.3	23.3	24.2	24.9	25.4	25.8
26-30	3.5	6.0	8.4	10.6	12.7	14.6	16.4	18.1	19.6	21.0	22.3	23.4	24.4	25.2	25.9	26.5	26.9
31-35	4.5	7.1	9.4	11.7	13.7	15.7	17.5	19.2	20.7	22.1	23.4	24.5	25.5	26.3	27.0	27.5	28.0
36-40	5.6	8.1	10.5	12.7	14.8	16.8	18.6	20.2	21.8	23.2	24.4	25.6	26.5	27.4	28.1	28.6	29.0
41-45	6.7	9.2	11.5	13.8	15.9	17.8	19.6	21.3	22.8	24.7	25.5	26.6	27.6	28.4	29.1	29.7	30.1
46-50	7.7	10.2	12.6	14.8	16.9	18.9	20.7	22.4	23.9	25.3	26.6	27.7	28.7	29.5	30.2	30.7	31.2
51-55	8.8	11.3	13.7	15.9	18.0	20.0	21.8	23.4	25.0	26.4	27.6	28.7	29.7	30.6	31.2	31.8	32.2
56 & UP	9.9	12.4	14.7	17.0	19.1	21.0	22.8	24.5	26.0	27.4	28.7	29.8	30.8	31.6	32.3	32.9	33.3
		LEAN			IDEAL			AVERAGE			OVERFAT						

## VISION TESTING KEY:

**NEAR FAR CHARTS:** This test uses two different letter charts to test focusing speed and flexibility at different distances.

**Procedure:**

1. Place the large letter chart on a wall at the farthest distance at which the athlete can still see clearly.
2. Hold the small letter chart approximately 4 inches from the athlete's face at nose level.
3. Have the athlete read the letters from left to right alternating from the near chart to the far chart as quickly as possible.
4. Count the number of letters read in one minute.
5. **Typical scores** are between **60-70 letters per minute**.

**HAND-EYE COORDINATION:** This exceptional exercise increases accuracy, hand-eye coordination and foot-eye coordination.

**Procedure:**

- 1) Using what are known as coordination charts (or VDP charts from sports vision), the athlete taps the right-hand to indicate that the stars are on the right, taps the left to indicate the star is on the left, and claps the hands together (or both hands tap the legs) to indicate

the star is in the middle. It is timed for 1 minute. Typical scores are more than three times through. Elite athletes should score at least 4-5 times through.

**FOOT-EYE COORDINATION:** The athlete uses the same procedures as above but now the square represents the feet. 1 min.

**Results:**

Average: **more than three times through.**

Above Average: at least 4 times through.

Elite: **more than three times through.**

**ANAEROBIC TESTING KEY:**

**CONDITIONING:**

**300 Yard Shuttles**

The 300 yard shuttle test is typically performed twice with a five minute rest between each repetition; however this variation of the test requires the athlete to run 5 shuttles with a two minute rest between each. Done on the basketball court, the players run down and back the length of the court 5 times, which is roughly 300 yards. The athlete's five times are averaged and they must meet or beat the average time corresponding to their position.

*Men*

Guards: 56 second average

Posts: 61 second average

*Women*

Guards: 64 second average

Posts: 69 second average

**110's**

110's must be done on a football or soccer field. The athletes have a set time to sprint at **top speed** 110 yards and one minute to jog back and recover until ten repetitions are completed. Although top sprinting speed is not a factor in the sport of basketball, I conduct this test because of the starting strength and **40-yard dash** acceleration required and because it's different than the other tests since there is no change of direction involved.

*Men*

Guards : 15 seconds

Posts: 16 seconds

*Women*

Guards: 17 seconds

Posts: 18 seconds