

LABORATORY 5.2



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Name _____

Date _____

Instructor _____

Section _____

Assessing Flexibility: Trunk Flexion (Sit-and-Reach) Test and Shoulder Flexibility Test

THE SIT-AND-REACH TEST

Scan to view a demonstration video of the sit-and-reach test. ►



To perform the sit-and-reach test, start by sitting upright with your feet flat against a sit-and-reach box. Keeping your feet flat on the box and your legs straight, extend your hands as far forward as possible, and hold this position for 3 seconds. Repeat this procedure 3 times. Your score on the sit-and-reach test is the distance, measured in inches, between the edge of the sit-and-reach box closest to you and the tips of your fingers during the best of your three stretching efforts.

Note that you should warm up by stretching for a few minutes before you perform the test. To reduce the possibility of injury, avoid rapid or jerky movements during the test. It is often useful to have a partner help by holding your legs straight during the test and by measuring the distance. After completing the test, consult Table 5.2 to locate your flexibility fitness category, and record your scores on the following page.



The sit-and-reach test.

THE SHOULDER FLEXIBILITY TEST

Scan to view a demonstration video of the shoulder flexibility test. ►



To perform the shoulder flexibility test, follow these steps: While standing, raise your right arm and reach down your back as far as possible. At the same time, extend your left arm behind your back and reach upward toward your right hand. The objective is to try to overlap your fingers as much as possible. Your score on the shoulder flexibility test is the distance, measured in inches, of finger overlap.

Measure the distance of finger overlap to the nearest inch. For example, an overlap of 3/4 inch would be recorded as 1 inch. If your fingers fail to overlap, record this score as -1. Finally, if your fingertips barely touch, record this score as 0. After completing the test with the right hand up, repeat the test in the opposite direction (left hand up).

As with the sit-and-reach test, you should warm up with a few minutes of stretching prior to performing the shoulder flexibility test. Again, to prevent injury, avoid rapid or jerky movements during the test. After completing the test, consult Table 5.3 on page 139 to locate your shoulder flexibility category, and record your scores on the following page.



The shoulder flexibility test.

TABLE 5.2 Physical Fitness Norms for Trunk Flexion

BOX Sit-and-Reach Test (centimeters)					
Men	Excellent	Very Good	Good	Fair	Needs Improvement
15–19 yrs	≥39	34–38	29–33	24–28	≤23
20–29 yrs	≥40	34–39	30–33	25–29	≤24
30–39 yrs	≥38	33–37	28–32	23–27	≤22
40–49 yrs	≥35	29–34	24–28	18–23	≤17
50–59 yrs	≥35	28–34	24–27	16–23	≤15
60–69 yrs	≥33	25–32	20–24	15–19	≤14
Women	Excellent	Very Good	Good	Fair	Needs Improvement
15–19 yrs	≥43	38–42	34–37	29–33	≤28
20–29 yrs	≥41	37–40	33–36	28–32	≤27
30–39 yrs	≥41	36–40	32–35	27–31	≤26
40–49 yrs	≥38	34–37	30–33	25–29	≤24
50–59 yrs	≥39	33–38	30–32	25–29	≤24
60–69 yrs	≥35	31–34	27–30	23–26	≤22

Source: Canadian Physical Activity, Fitness & Lifestyle Approach: CSEP-Health & Fitness Program's Appraisal and Counseling Strategy, 3rd edition, © 2003. Reprinted with permission from the Canadian Society for Exercise Physiology.

TABLE 5.3 Physical Fitness Norms for Shoulder Flexibility

Right Hand Up Score	Left Hand Up Score	Fitness Classification
<0	<0	Very poor
0	0	Poor
+1	+1	Average
+2	+2	Good
+3	+3	Excellent
+4	+4	Superior

Note that these norms are for both men and women of all ages. Units for the shoulder flexibility test score are inches and indicate the distance between the fingers of your right and left hands.

Source: Fox, Edward L.; Kirby, Timothy; Fox, Ann Roberts, *Bases of Fitness, 1st Ed.*, © 1987. Reprinted and Electronically reproduced by permission of Pearson Education, Inc., Upper Saddle River, New Jersey.

Date: _____

Sit-and-reach score (centimeters): _____ Fitness category: _____

Shoulder flexibility (inches)

Left side: _____ Fitness category: _____

Right side: _____ Fitness category: _____

GOAL SETTING

- Based on your results for the flexibility testing, write a goal to either improve or maintain your fitness category.
- Write three objectives to help you achieve your goal.

- _____
- _____
- _____

To submit the completed lab, save the form to your computer and email it to your instructor or upload it to their digital dropbox as directed.