

Practical 2



Component Measured: Muscular Endurance

“It is the ability of the muscles to do sports/physical movements with the desired quality and speed under condition of fatigue”.

Name of the Test: Bent Knee Sit up

Aim

The purpose of bent knee sit-up is to measure the muscular endurance of abdomen.

Required Equipment: To perform this test a floor mat or yoga mat is required.

Testing Procedure: The participant will be asked to lie on back with knees bent, feet on the floor. Heels should not be placed more than 12 inches apart from the buttocks. The angle of the knees should be less than 90°. Individual will put his/her hand on the back of the neck with straight elbows. Feet will be grabbed by a companion to ensure feet not to leave the surface. The individual will bring the head and elbows forward to touch the knees and then return to starting position. The entire above process constitutes one sit-up and continued till 60 seconds are complete.

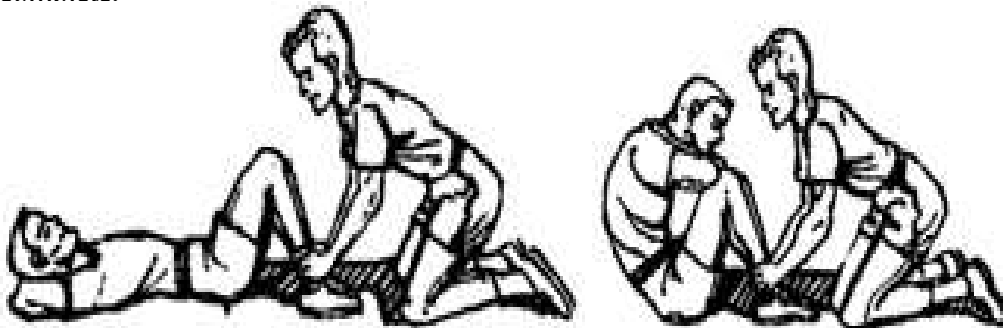
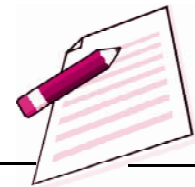


Figure 3: Bent knee sit-ups

Scoring Procedure: The number of correctly executed sit-ups by individual in 60 seconds will be counted. This gives the score of the test.

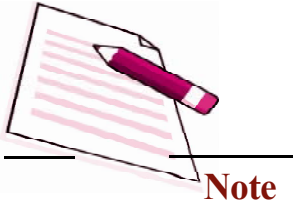
Effect and Observations

Perform sit-ups for 8 consecutive days and fill the below table with your score.



Note





	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Sit-ups (Numbers)								

Observation

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Remarks

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(Signature of the Instructor)

