

## **FITNESS TESTING – *SIT AND REACH***

This is a general description of how the Antioch Physical Education Department measures flexibility of the lower back and hamstrings.

- *Purpose:* The sit and reach test measures the range of motion (flexibility) in a person's lower back and hamstrings. This test may help determine a person's risk for future pain and injury.
- *Equipment:* Flat surface, Sit and reach testing box
- *Sit and reach technique:* Described here is the method ACHS uses when testing flexibility in the lower back and hamstrings. The student being tested must do the following:
  1. Remove shoes
  2. Sit on the floor with legs straight out in front of you with knees straight and feet flat against the front end of the test box.
  3. In a slow, steady movement, lean forward at the hips, keep your knees straight and slide your hands up the ruler as far as you can go.
  4. Extend as far as you can, repeat two more times, record the result in cm., and rest.
- *Comments:* Make sure students have done a warm-up prior to testing. When reaching with hands, students need to keep both hands even. Students need to perform the test in a slow, controlled motion.

