

## Sports Assessment Station 5 – Upper Body Strength – Push-ups

### Objective:

Athlete will be evaluated on upper body strength.

### Materials:

Stop watch

### Time:

3 minutes

### Volunteers:

- **Required: 1**
  - The volunteer will explain the procedure, demonstrate the skill, time the athlete, and count the number of push-ups completed.
- **Ideal: 2**
  - Volunteer 1 will explain the procedure, demonstrate the skill, time the athlete and count the number of push-ups completed.
  - Volunteer 2 will do the same thing with another athlete.

### Setup:

1. Ask the athlete which kind of push-up they would like to do: regular or knee push-ups. Demonstrate the two kinds of push-ups, so the athlete can see the difference.
2. Use the appropriate instructions for the type of push-up the athlete performs.

### Regular Push-ups Procedure:

1. Demonstrate a push-up.
2. Have the athlete get in a pushup position. Legs should be fully extended and toes should hold up the legs. The arms will hold up the upper body.
3. The back and neck should form a straight line down the body. Make sure there is not a curve in their back and their bottom is not up in the air.
4. Tell them to complete a push-up by bending at their elbows. Making a 90 degree angle at the elbow their body should be six inches from the ground.
5. Tell them to complete as many push-ups as possible when you say go. Use a ready, sit, go format. Count the number of push-ups they can do in 30 seconds.
6. Encourage the athlete.

### Knee Push-up Procedure:

1. Demonstrate a knee push-up.
2. Have the athlete get in a pushup position. Legs should be bent at the knee and the knees should hold up the legs. Knees should form a 45 degree angle with the body. The arms will hold up the upper body.
3. The back and neck should form a straight line down the body. Make sure there is not a curve in their back.

4. Tell them to complete a push-up by bending at their elbows. Making a 90 degree angle at the elbow their body should be six inches from the ground.
5. Tell them to complete as many push-ups as possible when you say go. Use a ready, sit, go format. Count the number of push-ups they can do in 30 seconds.
6. Encourage the athlete.

**Evaluation:**

1. Record how many push-ups they can do correctly in 30 seconds.
2. Write the number in the appropriate (regular or knee) row on the athlete's assessment sheet.