

Sports Assessment Station 3 – Lower Body Power – Vertical Jump

Objective:

Athlete will be evaluated on lower body power.

Materials:

Measuring tape or scaled measurement on the wall

Time:

3 minutes

Volunteers:

- Required: 1
 - Volunteer will describe the procedure, demonstrate, and assess the sport skill.
- Ideal: 2
 - Volunteer 1 will explain the procedure and assess the athlete.
 - Volunteer 2 will demonstrate and help assess the athlete.

Setup:

Position the scaled measurement on the wall.

Procedure:

Volunteer 1 –

1. Ask the athlete if they are right or left handed.
2. Have them stand with that side next to the wall.
3. Ask them to reach as high up as they can without going on their tip toes. Record the measurement at that spot (starting point).
4. Then tell them to use their entire body (arms and legs) to jump as high as they can and when they reach as high as they can to lift their arm up in the air and touch the wall.
5. Take a measurement at the point where they touched the wall.
6. Let the athlete attempt to jump as high as they can 3 times and then record the difference between the starting point and their highest jump.
7. Encourage the athlete to perform well.

Volunteer 2 –

1. Demonstrate how to jump using both arms and legs and reaching up at the peak of the jump.
2. Help take the measurement.
3. Encourage the athlete to perform well.

Evaluation:

1. Record the starting measurement in centimeters.
2. Subtract the peak measurement from the starting measurement to get the jump height.
3. Write the number of centimeters jumped on the athlete's assessment sheet.