



## Lab A4-6 Tests of Upper-Body Endurance for Men and Women

### I. Pull-Up Test for Assessing Arm and Shoulder Endurance in Men

#### Equipment

Horizontal bar 1½ inches in diameter, set at a height for which the tallest test subject cannot touch the ground when in the hanging position

#### Instructions

1. Hang from the bar with palms facing forward and legs straight.
2. Pull your body upward until your chin is over the bar. Do not swing or snap your body; keep your legs straight. (To prevent swinging, a partner can extend an arm across the front of your thighs.)
3. Return to the starting position, and then repeat. Make sure you fully extend your arms between each pull-up.
4. Perform as many pull-ups as you can.

Total number of pull-ups: \_\_\_\_\_

#### Rating Your Pull-Up Test Score

Rating	Number of Pull-Ups
Excellent	15+
Good	12–14
Average	8–11
Fair	5–7
Poor	0–4

Source: Johnson, B. L., and J. K. Nelson. 1986. *Practical Measurement for Evaluation in Physical Education*, 4th ed. Minneapolis, Minn.: Burgess Publishing Co. Copyright © 1986 by Macmillan Publishing Company. Reprinted with permission of Pearson Education, Inc.

Rating: \_\_\_\_\_

### II. Parallel Bar Dip Test for Assessing Arm and Shoulder Endurance in Men

#### Equipment

Two parallel bars raised to a height from which the tallest test subject cannot touch the ground when in the lowered, bent-arm position

#### Instructions

1. Assume a straight-arm support position between the parallel bars. Your legs should be straight.
2. Lower your body until your elbows are bent at right angles (90°).
3. Return to the starting position, and then repeat. Do not swing or kick your legs.
4. Perform as many bar dips as you can.

Total number of bar dips: \_\_\_\_\_

(over)

## LAB A4-6 (continued)

### Rating Your Bar Dip Test Score

Rating	Number of Bar Dips
Excellent	25 or more
Good	18–24
Average	9–17
Fair	4–8
Poor	0–3

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Rating: \_\_\_\_\_

### III. Flexed-Arm Hang Test for Assessing Arm and Shoulder Endurance in Women

#### Equipment

1. Horizontal bar 1½ inches in diameter, set at a height from which the tallest test subject cannot touch the ground when in the flexed-arm hang position
2. One or two helpers (or a chair) to raise you into the starting position; one helper to time the test
3. Stopwatch or watch with a second hand

#### Instructions

1. Grasp the bar with palms facing forward. With the assistance of helpers or a chair, raise your body off the ground until your chin is above the bar and your elbows are flexed.
2. Hold the flexed-arm hang position for as long as possible. Time should be stopped as soon as your chin touches the bar, tilts backward, or drops below the bar.
3. Record the total amount of time you held the flexed-arm position, in seconds.

Total flexed-arm hang time: \_\_\_\_\_ seconds

#### Rating Your Flexed-Arm Hang Test Score\*

Rating	Time (seconds)
Excellent	>33
Very good	17–33
Good	8–16
Poor	4–7
Very poor	<4

\*It should be noted that these standards are based on students without disabilities, 10–17 years of age.

Source: Adapted from AAHPERD *Youth Fitness Test Manual*. 1976. Reston, Va.: AAHPERD. Used with permission.

Rating: \_\_\_\_\_

(over)

**LAB A4-6** (continued)

**IV. One-Bar Dip Test for Assessing Arm and Shoulder Endurance in Women**

**Equipment**

Horizontal bar 1½ inches in diameter, set at a height from which the tallest test subject cannot touch the ground when in the lowered, bent-arm position

**Instructions**

1. Begin in a straight-arm support position with your palms facing forward and your hips resting on the bar.
2. Sliding your body against the bar, lower yourself downward until your elbows form approximately a right angle (90°).
3. Return to the starting position. Perform as many bar dips as you can, and record the total number.

Total number of bar dips: \_\_\_\_\_

**Rating Your One-Bar Dip Test Score**

Rating	Number of Bar Dips
Excellent	>16
Very good	13–16
Good	8–12
Poor	5–7
Very poor	<5

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Rating: \_\_\_\_\_