
Sit Up Test Procedure

REQUIRED EQUIPMENT: Stop watch, fitness mat, pen, clipboard, Fitness Testing Recording Form

PROCEDURE:

1. Explain the test to the client
 - a. You are going to a maximum number of sit ups in 2 minutes
2. Take the client through a warm up in preparation for the test
3. Demonstrate correct technique and the rules of the test:
 - a. Lay on your back with your knees at 45° with your feet flat on the floor
 - b. Place hands flat on the thighs
 - c. Raise your head and shoulders off the mat
 - d. Slide your hands up your thighs until your wrists are in line with your knees
 - e. Return to the start position
 - f. A sit up will not be counted if:
 - i. the hands come off the tops of the thighs
 - ii. the feet raise off the mat
 - iii. the hips are raised off the mat
 - iv. a jerking action is used to get up
4. Ask the client to demonstrate that they understand what is required by performing 4-5 sit ups
5. Ask the client if they have any questions
6. Start test
7. The client to do as many sit ups as they can in 2 minutes.
8. Record the results

NORMATIVE / COMPARATIVE DATA:

There is no normative data for this test. The results of the test should be used as a bench mark for the next time client is tested.