
Wall Sit Test Procedure

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

PROCEDURE:

1. Explain what the wall sit test is about
 - a. This test will assess your muscular endurance in your legs
 - b. You are going to hold a 1 legged wall sit position for as long as you can
2. Ask the client to stand with feet approximately shoulder width apart, heels approximately 30 cm from the wall, with their back against the smooth wall.
3. Ask the participant to bend their knees and slide their back down the wall so both their knees and hips at a 90° angle.
4. The test starts when the client lifts one of their feet off the ground
5. Give encouragement to the client
6. Stop timing when the client cannot hold the position and the foot is returned to the ground.
7. Assessment the other foot

CALCULATION/ FORMULAS:

Nil

NORMATIVE / COMPARATIVE DATA:

RATING	MALE (sec)	FEMALE (sec)
Excellent	≥100	≥60
Good	75-100	45-60
Average	50-75	35-45
Below Average	25-50	20-35
Very Poor	≤25	≤20