

# Practical 1



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**Component Measured:** Muscular Strength

“Muscular strength is the ability of the muscles to overcome or to act against a resistance”.

**Name of the Test:**

- A) Pull-ups for Boys, and
- B) Flexed Arm Hang for girls

**Aim**

The purpose of pull-ups and flexed arm hang test is to measure the muscular strength of upper body.

**Equipment Required:** For this practical a horizontal bar, whistle, stop watch and stool/chair are required.

- A) Testing Procedure of Pull-ups:** The participant will be asked to hang from the horizontal bar through hands with forward grip and to chin up by pulling body up until his chin is above the bar. After that he has to lower the body until his arms are straight (shown in the figure). In whole process kicking or jerky motion are not allowed.

**Scoring Procedure:** The number of complete pull-ups plus constitute the scoring.

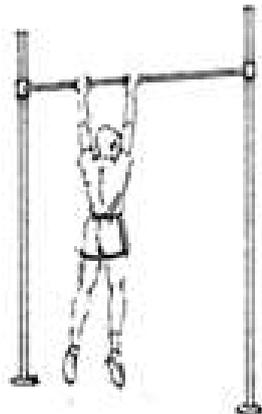


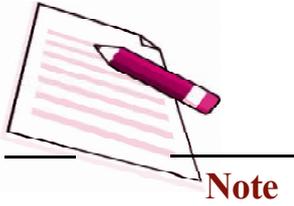
Figure 1: Pull-ups for boys

- B) Testing Procedure of Flexed Arm Hang:** The participant will be asked to grip the horizontal bar using overhand grip. The body will be raised off the floor to a position where the chin is above the bar without touching the bar with the help of stool or chair. After reaching said position the stool/chair will be removed. In final position both the elbows are flexed and the chest comes



**Note**





close to the bar during the test. Participant will hold the position for the maximum duration of time without any support. Stopwatch will be stopped as position changes.

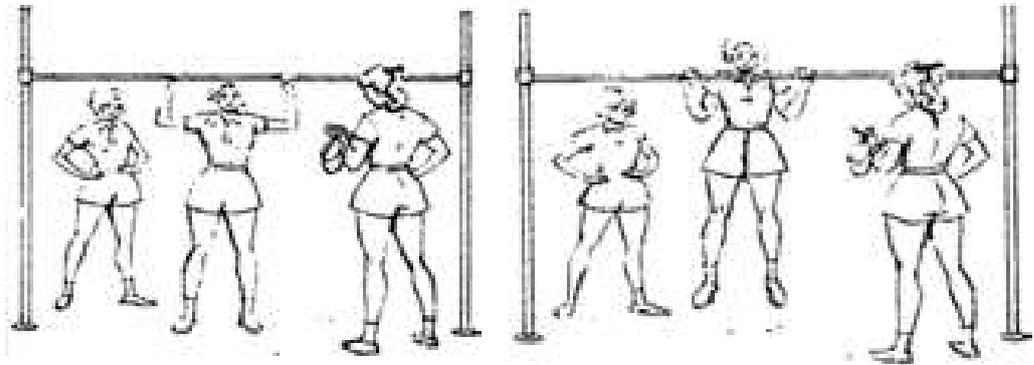


Figure 2: Flexed arm hang for girls

**Scoring Procedure:** The duration in seconds for which the participant holds the flexed arm hang position correctly, is the score of the test.

**Effect and Observations**

Perform pull-ups/flexed arm hang for 8 consecutive days and fill the below table with your score.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Pull-ups (Numbers)								
<b>OR</b>								
Flexed Arm Hang (Duration)								

**Observations**

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**Remarks**

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(Signature of the Instructor)

Physical Education and Yog

