

## Practical 8



373en8pm

**Component Measured:** Agility

“The agility is the ability of any individual to change the body position or direction as quickly as possible”.

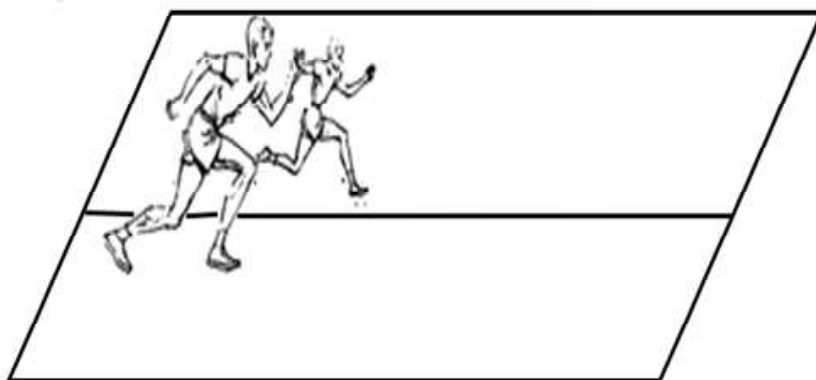
**Name of the Test:** Shuttle Run Test

### Aim

The objective of Shuttle run test is to measure the agility of the participant.

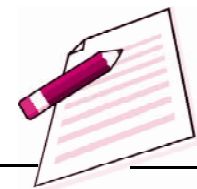
**Required Equipment:** Measuring tape, marking tape/chalk, stopwatch, two blocks of wood (2"x2"x4") are required equipment for this test.

**Testing Procedure:** Two parallel lines marked on the floor 10 meters apart from each other and two wooden blocks will be placed behind one of the lines. Participant will be asked to start from behind the other line. On the signal, the timer will start the watch and participant run towards the blocks, picks one block, run back to the starting line, place the block behind the starting line, run back and pick-up the second block carry back across the starting line. The timer will stop the watch and records the time, when he/she crosses the starting line.



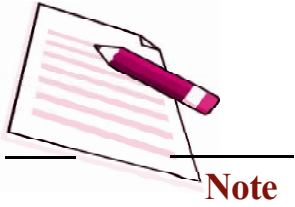
**Figure 8: Shuttle run test**

**Scoring Procedure:** Two trials are allowed to each participant with some rest in between. The time of the best of the two trials is recorded in second as the score of the test.



**Note**





**Effect and Observations**

Perform 10 x 4 Meters Shuttle run for 15 consecutive days and fill the below table with your score.

Physical Effects	D 1	D 3	D 5	D 7	D 9	D 11	D 13	D 15
50 Meters (Duration in Seconds)								

**Observation**

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**Remarks**

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(Signature of the Instructor)

