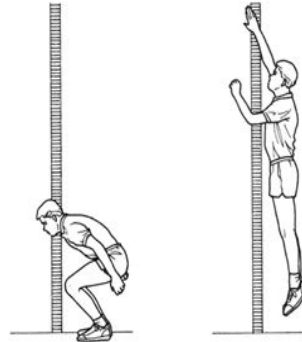


## POWER TEST – VERTICAL JUMP



### Purpose

This test is directed towards athletes who participate in sports that involve jumping (i.e. basketball, volleyball, and grid iron). This is a common test of the strength and power of the legs.

### Procedure

1. Before beginning, have the client stand against a wall and reach up as high as they can with flat feet.
2. Measure this point as the standing reach height.
3. Have the client stand away from the wall and jump vertically as high as they can.
4. Encourage them to use both arms and bent legs to propel them up as much as possible.
5. Have them do this three times and record the best one.
6. Measure the distance between the reach height and the jump height.

### Equipment

- A measuring tape
- Chalk to mark the wall

### Results

Record the distance between the reach height and jump height of all three attempts and then calculate an average. This value can then be used to record any progression on retest.

The best vertical jump recorded in history is 142cm, while the average height a player in the NBA can jump is 71cm.