Vertical jump test

What does it measure?
Anaerobic power

What do you need?
• Wall
• Chalk
• Measuring tape
• Partner
• Weighing scales

How do you do the test?
• Stand side-on to a wall and reach up with the hand closest to the wall. Keeping your feet flat on the ground, the point of the fingertips is marked or recorded by a partner. This is called the standing reach.
• Stand away from the wall and jump vertically as high as possible using both your arms and your legs to help you project your body upwards. Touch the wall at the highest point of the jump and have this marked or recorded.
• The difference in distance between the standing reach height and the jump height is the score. The best of three attempts is plotted on the Lewis nomogram on line ‘D’.
• Weigh yourself and record your weight in kilograms on the nomogram on line ‘Wt’.
• Use a ruler and a sharp pencil to join up the two plots. The line you have drawn will cross the power line (‘P’) on the nomogram. Read your power in kilograms per second (kgm/s).

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<tr>
<th>Name</th>
<th>Height difference between standing reach and jump height</th>
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Comment on the reliability and validity of this test: