



## Physical Assessment Equipment Check List

*Please note that this is only an equipment list, you need to purchase the actual USSA Physical Assessment CD to obtain the actual testing protocol and review the video footage prior to conducting a physical assessment testing session. The list below is meant to be a guide and equipment checklist in order to assist you in your preparation. The USSA Physical Assessment Testing CD can be purchased at: <http://shop.ussskiteam.com/store/home.php?cat=104>.*

### 1) Height measurements (stand and sit height):

- a. Stadiometer or tape measure taped to a wall with a head board and a means to maintain a "true horizontal plane" by verifying a right angle to the vertical plane with each measurement taken.
- b. One spotter.
- c. Scoring sheet.

### 2) Body Mass (weight):

- a. Digital scale – make sure to have it switched to kilogram mode to eliminate the need to make conversions later.
- b. One spotter.
- c. Scoring sheet.

### 3) Flexibility (sit and reach):

- a. A "sportech" sit and reach box or an equivalent box with a flat steel ruler taped to a box.
- b. Minimum two spotters.
- c. Scoring sheet.

### 4) Core Function:

- a. Clear floor area and thin yoga style mat.
- b. 2.5kg weight disc and 5kg weight disc (note these are in kg not lbs.).
- c. Set square in order to measure angle of legs to ensure legs are at 90 degrees.
- d. One spotter.
- e. Scoring sheet.

### 5) Vertical Jump:

- a. A Vertech or a Yardstick (specialized pieces of equipment designed solely for the measurement of vertical jump) is most desirable. If not available a black plywood board, 2m long and 30 cm wide, marked in 1 cm increments can be used. The board should be mounted at least 15cm out from wall and a chalk bag will need to be provided so athletes can dust their fingertips in the chalk.
- b. A minimum of two spotters.
- c. Scoring sheet.



## 6) 20m shuttle run

- a. Flat non-slip surface, recommended minimum 30m long, width is determined by how many athletes are running at the same time. Use the same surface from test to test if possible.
- b. Shuttle run Audio CD (included in the USSA Physical Assessment Testing CD) – this CD can be downloaded into your iTunes and then onto an iPod if desired.
- c. Portable CD player or portable speaker system. It is ideal to place two speakers at either end of the testing arena, but when this is not possible it is best to have a volunteer follow the athletes with the portable CD or iPod player so the athletes can hear the beep.
- d. Marker or tape to clearly mark the turning points.
- e. Tape measure 20m or longer to determine turning points.
- f. A minimum of three spotters.
- g. Scoring sheet and level/shuttle cheat sheet.

## 7) Anaerobic – 60 second box jump

- a. Flat non-slip surface, preferably same surface and conditions from test to test.
- b. Box: 40 cm high – 50 cm long – 40cm wide
- c. Stopwatch.
- d. Scoring Sheet.
- e. A minimum of two spotters.

### Miscellaneous items:

- ❖ Clipboards for each station
- ❖ Pencils
- ❖ Scoring sheets from USSA Physical Assessment Testing CD
- ❖ Extra batteries for speaker system or portable CD player
- ❖ Cones for 20m shuttle to mark all four corners and to use during warm-up
- ❖ 3kg medicine ball for warm-up