

Power Testing

Vertical Jump Tests (countermovement)

Equipment Required

Smooth Wall
Flat floor
Chalk
Measuring Tape

Procedure

1. Rub chalk on the fingertips of dominant hand
2. Stand side onto wall, with shoulder of dominant hand about 15cms from the wall
3. With feet flat on the floor, client reaches as high as possible and makes a mark on the wall
4. The client then performs a maximal countermovement jump. The countermovement requires the client to rapidly flex the hips and knees, bring the torso forward and down and swing the arms behind the body.
5. The client rapidly extends both hips and knees whilst simultaneously swinging the arms upward.
6. At the top of the jump the client should make a second chalk mark with their fingertips.
7. The trainer measures the vertical distance between the two chalk marks with a measuring tape

The best of the three jumps is recorded

Interpretation

<i>Population Group</i>	Vertical jump height (cms)
18 to 34 year old males	41
Recreational male college athletes	61
Competitive male college athletes	64 – 65
18 to 34 year old females	20
Recreational female college athletes	38 – 38
Competitive female college athletes	41 – 47