



PHYSICAL ASSESSMENT

Strength and Power

Vertical Jump

Equipment

A Vertec™ or a Yardstick™ (which is a specialized piece of equipment designed solely for the measurement of vertical jump) is most desirable. If not available a black plywood board, 2m long and 30cm wide, marked off in 1cm increments can be used. It should be mounted at least 15cm out from the wall and a chalk bag will need to be provided.

Calibration / maintenance

Check the integrity of the Vertec™ or Yardstick™ prior to and at the end of each test day making sure that no slats are damaged or bent and that any such damage is tended to well in advance of any subsequent testing.

Safety precautions

Subjects with recent or chronic back pain, recent injury, or surgery to the shoulders, hips, knees or ankles must be excluded from test. Any chronic problems should be checked by a doctor or physiotherapist and the athlete asked to provide a written clearance before testing is permitted.

Methodology

If using a Vertec™ or Yardstick™:

The athlete stands directly underneath the measuring slats with heels on the ground and dominant arm, shoulder, and fingers fully extended touching the highest slat. The measurer should square the shoulders of the subject and stretch the extended arm to its full length. This is the athlete's standing reach. The Vertec™ is then raised to set this point as zero and the moveable slats to within the athletes jumping height range. The athlete then jumps using a counter-movement (down-up motion) without taking a step, touching the highest slat possible. The height jumped is then measured and recorded.

If using a board and chalk:

The athlete first dips their hand in chalk then stands directly underneath the board with their heels on the ground and dominant arm, shoulder, and fingers fully extended touching the board with their chalky fingers. The measurer should square the shoulders of the subject and stretch the extended arm to its full length. This is the athlete's standing reach. The athlete then jumps using a counter-movement (down-up motion) without taking a step, touching as high on the board as possible. The standing height is then subtracted from this height to determine the height the athlete has jumped. This measurement is then recorded.

Three trials will be performed and the best of these measurements recorded to the nearest 0.5cm.

Specific warm-up

Athlete should perform 2-3 trials at increasing intensity prior to performing the 3 max efforts.

Data collection

Measure and record the height jumped in cm's.

Units	Accuracy
Centimeters	± 0.5cm