

Name: _____

The Hand Grip Test

The hand grip test is a test that measures **muscular strength**. You have to squeeze a piece of equipment called a hand grip dynamometer as hard as you can. You have 3 attempts on each hand and you record your best score on each hand.

1. What equipment is needed to complete the hand grip test? (Use the image to help you).



2. Before the test, the person must warm-up. Give 2 reasons why they must warm-up before the test.

1.

1.

3. Explain how to complete the hand grip test. Use the images to help you.



3
TIMES



4. James took part in the hand grip test and managed to score 55. Using the normative data table below, interpret the result of James' hand grip test result.

Excellent	Good	Above Average	Average	Below Average	Poor
>50	49.9 - 45	44.9 - 40	39.9 - 30	29.9 - 20	<20

James' result: _____

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5. The hand grip test measures a person's muscular strength, which is the ability of a muscle or a group of muscles to work together to produce maximum force.

Think of a weightlifter. Describe why muscular strength is needed for a weightlifter to be successful in their sport.

(Describe why they need strength and what might happen if they don't have as much strength as their opponents).



6. Below is a table of sports. Complete the table by ticking or crossing whether or not the athletes involved in each sport would need to complete the hand grip test, giving a reason why they would need to complete the test. The first sport has been completed as an example.

Sport	Hand grip test needed?	Reason?
Weight lifting	Yes	Because weight lifters need strength to lift the weights.
Football		
100 metre sprint		
Basketball		
Rounders		