

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?



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2. Before the test, the person must warm-up. Give 3 reasons why they must warm-up before the test.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

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



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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.

Explain why muscular strength is needed for an athlete in a sport of your choice.

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6. Ella is a netball player. She decides she wants to take part in a variety of fitness tests to determine her current levels of fitness. One of the tests she takes part in is the hand grip test.

Discuss whether or not the hand grip test is a suitable test for Ella to take part in. (Remember she is a netball player).

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