

# The Sit and Reach Test



The test **measures**: \_\_\_\_\_

**Equipment** needed to perform the test: \_\_\_\_\_

**Pre-test** procedures:

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

How do you **conduct** the test?

- Take your \_\_\_\_\_ and \_\_\_\_\_ off.
- Sit on the floor with your legs straight out in front of you and place your feet against the sit and reach box.
- Keep your legs \_\_\_\_\_ throughout the test because if you \_\_\_\_\_ your knees then the results will be inaccurate.
- Place one hand over the top of the other and \_\_\_\_\_ reach forward as far as you can.
- Do not use \_\_\_\_\_ and jerky movements as this could cause injury.
- Hold your reach for \_\_\_\_\_ seconds.
- You get 3 chances to reach forward and then the \_\_\_\_\_ is recorded.

**Advantages** of the sit and reach test:

1. \_\_\_\_\_
2. There is lots of normative data to compare the results against.

**Disadvantages** of the sit and reach test:

1. Variations in people's arms, legs and trunk can make comparisons between people misleading.
2. \_\_\_\_\_

How **practical** is the sit and reach test to do? (State the positives and negatives).

Positives: \_\_\_\_\_  
\_\_\_\_\_

Negatives: \_\_\_\_\_  
\_\_\_\_\_