



USSA Physical Assessment Protocol - Level 1

Order of tests and details of the standardized warm-up procedures

Standardizing the physical assessment protocol:

All testing is only as good as the quality and reliability of the data collected.

To achieve consistency in testing it is imperative that all athletes complete the standardized warm-up in a supervised environment. The timing of the warm-up and test schedule will be affected by the number of athletes being evaluated. This variability has the potential to significantly impact athletes' results, therefore it will be necessary to split athletes into manageable group sizes of approximately 10-20 and schedule different testing times as required to achieve this.

General introduction to testing procedures for athletes		
◆ Perform tests not requiring any kind of warm-up		
1. Height 2. Sit height 3. Body mass 4. Flexibility	10 – 20 mins	◆ No shoes ◆ Minimal, light clothing
◆ Perform 1st standardized warm-up		
1 st standardized warm-up - 10 min aerobic work: jogging/running - 20 yards forwards & backwards – lunges - 20 yards forwards & backwards – lunges with 3kg medicine ball-wood choppers - 20 Standing wood choppers each side - 20 Back extensions - 10 Side ups each side - 10 min dynamic warm up stretching - Jump progression 5 jumps in 3 sets with increase of intensity – bouncing to jumping	20 – 30 mins	◆ Encourage hydration ◆ Check clothing & footwear
◆ Perform tests following the standardized warm-up detailed below		
5. 7-Level sit-up test	10 – 15 mins	
6. Vertical jump: perform test specific warm-up	10 – 15 mins	◆ At least 2-3 mins between trials of the same leg
7. 20m shuttle run: perform test specific warm-up	15 – 25 mins	◆ Encourage hydration pre and post test
◆ Minimum of 30 mins recovery prior to the start of the 60 second box jump		
◆ Perform 2nd standardized warm-up		
2 nd standardized warm-up - 5 min aerobic work: jogging/running - 5 min dynamic warm up stretching - Jump progression 5 jumps in 1 set with increase of intensity – bouncing to jumping	20 – 30 mins	◆ Encourage hydration
8. 60 second box jump: perform test specific warm-up	15 – 25 mins	◆ Encourage hydration pre and post test
Cool down	10 – 20 mins	◆ Light aerobic activity to fully recover legs following box test ◆ Encourage simple carbohydrate repletion
Total time 3hrs approx.		