

# Musculoskeletal Fitness Assessment

Protocol	Lab Results (max amount)	Normative Value
<b>Grip Strength (left hand/right hand)</b>	33/36 = 69	Excellent: $\geq 70$ <b>Very Good: 63-69</b> Good: 58-62 Fair: 52-57 Needs Improvement: $\leq 51$
<b>Push-Ups</b>	30	<b>Excellent: <math>\geq 30</math></b> Very Good: 21-29 Good: 15-20 Fair: 10-14 Needs Improvement: $\leq 9$
<b>Partial Curl-Up</b>	25	<b>Excellent: 25</b> Very Good: 18-24 Good: 14-17 Fair: 5-13 Needs Improvement: $\leq 4$
<b>Vertical Jump (cm)</b>	40.64	<b>Excellent: <math>\geq 38</math></b> Very Good: 34-37 Good: 29-33 Fair: 25-28 Needs Improvement: $\leq 24$
<b>Peak Leg Power (W)</b>	3350	<b>Excellent: <math>\geq 3250</math></b> Very Good: 2804-3249 Good: 2478-2803 Fair: 2271-2477 Needs Improvement: $\leq 2270$

**Interpretation of Results:** According to these results, the individual has excellent musculoskeletal fitness. Musculoskeletal fitness is a very important component not only to soccer, but to all sports. All of the above are highly related to a soccer player, and even more so to a Goalkeeper. A Goalkeeper is requires to catch, throw, kick, and jump – all of which can be measured with the tests above.