

Musculoskeletal Fitness Assessment

Testing the physical fitness through these measurements is usually left aside for athletes and high intensity sports evaluations. Yet some of these tests can be used in other populations to measure aging effects or for prescription to maintain musculature. There are a number of different assessments for different categories that make up musculoskeletal fitness; muscular strength, muscular endurance and muscular power. Strength is mainly important for the upper body (carrying and lifting) while endurance and power are mainly for the lower body (reacting to perturbations and being able to rise out of a chair or car). To assess upper body strength, a grip test is administered. The client simply squeezes the handles together as hard as possible and a measure is given that will later be used. The same is repeated for the opposite hand. Muscular endurance is measured using two tests; push up test and a partial curl up test. During the push up test, one simply performs as many push ups as possible while through the partial curl up test, no more than 25 reps are performed and again will be used later to measure overall musculoskeletal fitness. The product of force produced by a muscle and how quickly defines the power of a muscle. Lower body power is measured using a vertical jump test where the client is required to stand and reach the highest point of the measuring tool from a standing position. Once all the tests are completed, musculoskeletal fitness is evaluated using the CPAFLA protocol and presented in one of 5 ways; excellent, very good, good, fair and needs improvement. Male and female's are evaluated using a different scale.