

Partial Curl-Up a test of Muscular Endurance

Muscular endurance is the ability of muscles to perform repeated contractions over a period of time. This quality is important in many athletic and sporting events, especially when the event lasts for a period of time and requires the repetition of the same movements. This is true in many sports such as speed skating, cross country skiing, ice hockey, figure skating and snowboarding events.

Equipment

- 10 gym mats
- Masking Tape
- 1 ruler (at least 30cm in length)



Procedure

- Apply two strips of masking tape across the width of a gym mat as shown. One strip, the 10cm mark, is placed 20 cm from the end of the mat, the second strip, the 0 cm mark is placed 30 cm from the same end of the mat.
- The participant lies on the mat with the head resting on the mat, arms straight at the sides with the palms down. "Wiggle" down until the middle finger tip of each hand reaches the 0 cm mark.
- Knees are bent at 90 degrees.
- The heels (with shoes on) should remain in contact with the mat.
- Keeping the arms in position, the participant slowly curls the spine and slides the fingertips of both hands to reach the 10 cm mark.
- During the curl-up, the palms and heels must remain in contact with the mat. On the return the shoulder blades and head must contact the mat and the fingertips of both hands must touch the 0 cm mark.
- The movement should be performed in a slow, controlled manner.



- Encourage participants to exhale in the lifting phase.
- Curl-ups should only be counted if performed correctly.
- Participants should be instructed that “bouncing” off the floor is not permitted.
- The challenge is terminated if the participant experiences undue discomfort or is unable to maintain the proper curl-up technique over two consecutive repetitions or when they’ve reached 60 curl-ups.

Scoring

- Record the total number of curl-ups successfully completed (e.g. 45, 17).

Tips

- Any number of mats can be used so several participants can perform this activity at the same time.
- Partner the participants and have them watch their partners’ technique and count the curl-ups.
- Partners may not hold each other’s feet while performing the curl-up.
- When any resting or improper technique occurs, the participant must stop the challenge and should record the number performed up until that point.