

Practical 9



Component Measured: Balance

“It is the ability to maintain balance during whole body movements and to regain balance quickly after the balance disturbing movement”.

Name of the Test: Flamingo Balance Test

Aim

The objective of this test is to measure the static balance by using Flamingo Balance test.

Required Equipment: A beam (5 cm height, 4 cm width and 50 cm long), two supports (2 cm wide and 15 cm in length), and stop watch are required for this test.

Testing Procedure: A demonstration of the test will be given to the participants. The participants are required to maintain the balance, standing on their preferred foot on the long axis of beam for as long as possible. They are required to grip the back of the free foot by bending their leg and holding it with the hand of the same side. This position of balance should look like a flamingo. The free foot may be positioned to sustain the balance. The participants can take the tester’s support in case of interruption in their balanced position. They will be required to remain in balance in flamingo position for one minute. The test starts as soon as the participant stands in the correct position without the help of the tester. The tester is required to start stopwatch from the movement the participant takes the correct position independently. Every time, there is any interruption in balance, the stop watch is stopped and restarted only when the correct balance position is resumed. This procedure is repeated till one full minute of balanced position is completed. If there are 15 interruptions within the first 30 seconds the test must be ended meaning thereby that the participant is unable to take this test.



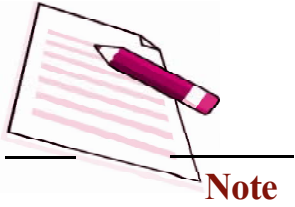
Figure 9: Flamingo Balance Test

Scoring Procedure: The number of attempts made to remain in balance in the correct position for one whole minute, is the score of this test. Like running time the lower the score, the better is the one’s balance.



Note





Effect and Observations

Perform Flamingo Balance Test for 15 consecutive days and fill the below table with your score.

| Physical Effects | D 1 | D 3 | D 5 | D 7 | D 9 | D11 | D13 | D15 |
|--|-----|-----|-----|-----|-----|-----|-----|-----|
| Flamingo Balance Test (numbers of attempts) | | | | | | | | |

Observation

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Remarks

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(Signature of the Instructor)

