

Monash University High Performance Sport Testing Peninsula Campus

Test Details: Friday 15 May, 9:00am

Name:

ANTHROPOMETRIC MEASURES

Standing Height (**172cm**: Group Average 172.5cm)

Description: The maximum distance from the floor to the top of the head while the player is standing.

Interesting Fact: Worldwide, the average adult male height is approximately 165 cm, while the average adult female height is approximately 154 cm.

AFL Draft Camp 50th Percentile: 185.5cm

Weight (**54.30kg**: Group Average 63.8kg)

Description: The body mass of the player.

AFL Draft Camp 50th Percentile: 79.7kg

FITNESS COMPONENTS

Sit & Reach: Flexibility (**20cm**: Group Average 28cm)

Description: Is the range of motion (ROM) of any one joint axis. A lack of an exercise ROM can increase your risk of injury and may be the cause of decreased movement and skill performance. For a full assessment please see your physiotherapist.

Interesting Fact: As you age or reduce your activity load the range of motion in a joint can be reduced. This can impair an active lifestyle and even hinder your ability to perform everyday activities.

AFL Draft Camp 50th Percentile: 12cm

Vertical Jump Height Standing (**39cm**: Group Average 43cm)

Description: Is the ability of your lower body muscle group to contract forcefully with speed. In this test it is the ability of the student to use elastic energy (of the major leg muscles) to produce speed-dominated power. The result of this test (the Vertical Jump) has been converted into a power output to take into consideration, not only the height the athlete reached on the jump but also the mass of the athlete.

AFL Draft Camp 50th Percentile: 60cm Standing Jump

Vertical Jump Height Running Right (**32cm**: Group Average 43cm)

Vertical Jump Height Running Left (**49cm**: Group Average 49.3cm)

AFL Draft Camp 50th Percentile: 69cm Running Jump

Monash Sport

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0m-5m Sprint (sec:Group Average 1.804sec)

0m-10m Sprint (sec:Group Average 2.596sec)

20m Sprint (sec:Group Average 4.055sec)

Description: Sprint or speed tests can be performed over varying distances depending on the factors being tested and the relevance for different sports. This test was completed over 20m.

Interesting Fact: Usain Bolt (world record holder for the 100m sprint): 20m Sprint = 2.87 seconds. 100m sprint = 9.69secs. Sprint time tends to be optimal in early adulthood or when you are fully grown.

AFL Draft Camp 50th Percentile: 20m: 3.03secs, 0m-5m Sprint: 1.08; 0m-10m Sprint: 1.83;

Agility (10.32sec:Group Average 8.932sec)

Description: Agility is an important component of many sports. It is the ability to change the body's position quickly and precisely, while combining many skills such as balance and speed.

AFL Draft Camp 50th Percentile: 8.58secs

Aerobic Capacity (0.00 Pred.VO₂max :Group Average- 29.9 Pred.VO₂max)

Description: This is a basic measure relating to how well the heart, cardio vascular system, respiratory system can provide oxygen necessary for your muscles to perform physical activity for a longer period of time.

AFL Draft Camp 50th Percentile: 58.2 predicted VO₂max

Everyone has qualities that by themselves may be strengths and weaknesses. In combination these are unique to you as an individual. It is more advantageous to use this information as an opportunity to improve yourself rather not as a way to compare yourself to others.

References

1. World Health Organisation , www.who.int
2. Physiological Tests for Elite Athletes: Australian Sports Commission; Chris Gore, Australian Sports Commission, 2000
3. McArdle. et. al; (2000) Exercise Physiology: Energy, Nutrition, and Human Performance.
4. Respiratory Function Tables (From "Asthma Management Handbook 2002")
5. Deurenburg P, Weststrate JA, Seidell JC; Br J Nut, Mar 1991; 65(2) 105-14; Body mass index as a measure of body fatness: age- and sex-specific prediction formulas (<http://www.halls.md/bmi/fat.htm>)
6. Davis B. et. al; Physical Education and the study of sport; 2000
7. AFL: AFL youth coaching manual
8. Harman, et. al. (1991). Estimation of Human Power Output From Vertical Jump. Journal of Applied Sport Science Research, 5(3), 116-120.

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