#### Student Name

Date

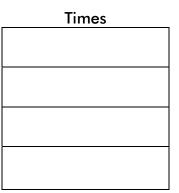
# Test 01 – Time Offline

#### **Consistent Parameters**

- Line 6" from wall (Heels will be placed on line)
- Circle Sticker or Mark 4" Diameter, Head Height, Contrasting Color to Background
- Visually Obstructed Noise Maker (ex: Clap Hands Out of View)

Record a minimum of 3 Times – Measure the time it takes to clear the circle <u>while covering</u> from moment of sound. Could also substitute Visual Stimulus such as a strobe.





### If the student does not cover their body/face with hands as they move, the event does not count.



Diag	Time	CPS	Angle

Diagonal: Distance in Centimeters from Index Knuckle to Target (Centered)

- **Time:** Time in tenth of seconds
- **CPS:** Centimeters per Second (Diagonal/Time=CPS)
- Angle: Angle of Maximum Deviation

Note: 100 cm = 1 meter: This notation for overall speed concept though the arm is obviously not that long this gives you a more accurate idea of speed. It is very important that measurements are taken as instructed in the video for this test to be accurate.

# Other Contributing Analysis

Age Years Months	Training Years Years	Months
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# Test 02 – Time on Target