

The standing long jump test: a general index of muscular strength in youth

by

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The purpose of the present study was to examine the association among different measures of lower body muscular strength in children, as well as the association between measures of lower and upper body muscular strength. The study population comprises 94 (45 girls) healthy white children aged 6-17 years. Children performed several lower body explosive muscular strength tests [i.e. standing long jump (SLJ), vertical jump, squat jump and countermovement jump] and upper body muscular strength tests (i.e. throw basketball, push ups and isometric strength). The associations among the study tests was analysed by multiple regression. The SLJ was strongly associated with other lower body muscular strength tests ($R^2=0.829$ to 0.864), as well as with upper body muscular strength tests ($R^2=0.694$ to 0.851). The SLJ test might be therefore considered a general index of muscular fitness in youth. The SLJ test is practical, time-efficient, and low in cost and equipment requirements.

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