

BODY-WEIGHT SQUAT ASSESSMENT PROTOCOL

Objective: To evaluate muscular endurance of the lower extremity

Pre-assessment procedure:

- ▶ After explaining the purpose of the body-weight squat assessment, explain and demonstrate the proper technique.
- ▶ Allow for adequate warm-up and stretching if needed.
- ▶ Evaluate the depth of the squat using the following criterion:
 - The thighs reach parallel to the floor
- ▶ To enhance balance and stability, the client may extend his or her arms to the sides or front for balance.
- ▶ The goal of the assessment is to complete as many controlled and proper repetitions as possible. Once the

client exhibits fatigue where he or she can no longer complete a full repetition, terminate the assessment. This includes an inability to fully lower into the down position, pausing to rest, or faltering as he or she stands.

- ▶ Encourage the client to practice this movement prior to attempting the assessment.

Assessment protocol and administration:

- ▶ When ready, the client begins performing squat repetitions.
- ▶ Count only complete repetitions until any assessment-termination criteria is reached.

Interpretation:

- ▶ Use the information presented in the table below to categorize the client's performance.

Norms for Body-weight Squats

Males	18-25	26-35	36-45	46-55	56-65	65+
Excellent	>49	>45	>41	>35	>31	>28
Good	44-49	40-45	35-41	29-35	25-31	22-28
Above average	39-43	35-39	30-34	25-38	21-24	19-21
Average	35-38	31-34	27-29	22-24	17-20	15-18
Below average	31-34	29-30	23-26	18-21	13-16	11-14
Poor	25-30	22-28	17-22	13-17	9-12	7-10
Very poor	<25	<22	<17	<9	<9	<7
Females	18-25	26-35	36-45	46-55	56-65	65+
Excellent	>43	>39	>33	>27	>24	>23
Good	37-43	33-39	27-33	22-27	18-24	17-23
Above average	33-36	29-32	23-26	18-21	13-17	14-16
Average	29-32	25-28	19-22	14-17	10-12	11-13
Below average	25-28	21-24	15-18	10-13	7-9	5-10
Poor	18-24	13-20	7-14	5-9	3-6	2-4
Very Poor	<18	<13	<7	<5	<3	<2

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