



# Testing Maps & Glossary

Created by The Park Sports Facility

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## Glossary:

### ASSESSMENTS

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**Broad Jump:** The broad jump is primarily used to measure a player's short-area quickness and burst. Players jump from a standing position, and they must land balanced. Players cannot move forward or backward after landing. It's a measure of lower-body balance and strength.

**Equipment Used:** 1080 Sprint

#### TEST METRICS

Distance, Inches, Peak Power, Relative Power, Peak Acceleration, Velocity

**Chin-ups:** Also known as Pull-ups, this test is widely used as a measure of upper body strength. Participants must grasp an overhead bar and pull up the body so the chin raises above the bar, then return to the position with the arms fully extended.

**Equipment Used:** Chin-up bar

#### TEST METRICS

Reps

**Countermovement Jump (CMJ):** The Countermovement Jump (CMJ) is a vertical jump test performed by having an athlete quickly squat to a self-selected depth and then jump as high as possible. It is the first jump in our force plate assessment and is used to both determine lower body power via jump height and to measure lower limb asymmetries.

**Equipment Used:** Dual Force Plates

#### TEST METRICS

Height, Inches | Relative Power, Watts/Kg | RFD, Newtons

**Grip Test:** Grip strength is a measure of muscular strength or the maximum force/tension generated by one's forearm muscles. It can be used as a screening tool for the measurement of upper body strength and overall strength.

**Equipment Used:** Dynamometer

TEST METRICS

Pounds

**Lateral Bound:** An indication of power in a lateral/horizontal pattern, which is extremely specific to ice hockey, but also relevant to almost all team sports. The test is performed twice; once moving left, and once moving right.

*\*Bonus test where time permitted*

**Equipment Used:** 1080 sprint

TEST METRICS

Distance, Inches, Peak Power, Relative Power, Peak Acceleration, Velocity

**Multi Rebound Jump:** The reactive strength index uses multiple jump heights to measure the reactive jump capacity of athletes and to determine how they cope with the stress imposed on their body from plyometric exercises. This test can also measure Relative Jump Power, and Rate of Force Development.

**Equipment Used:** Dual Force Plates

TEST METRICS

Peak Height, Inches | Average Height, Inches | Peak RSI

**Pro Agility (PAT):** Participants straddle the start line, turn to the left and sprint 5m, stop at a cone, sprint 10m in the opposite direction, stop at another cone, and sprint 5m back to the middle. Participants will do the test twice; first time starting with a left turn, and then with a right turn.

**Equipment Used:** Timing Gates

TEST METRICS

Time, Seconds

**20 Meter Sprint:** The test involves running a single maximum, predetermined distance, with split times recorded every 5 meters.

**Equipment Used:** 1080 Sprint

TEST METRICS

Time, Seconds | Peak Speed, Meters/Second | Peak Power, Watts

## RESULTS

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**Fastest Sprinter:** Using the sprint test results, we can determine the athlete's peak speed.

CALCULATED METRIC  
Meters/Second

**Relative Jump Power:** Absolute Strength (power) describes the total amount of force an athlete can produce, regardless of bodyweight or size. Example: The athlete who can generate the largest amount of power in their jump has the highest absolute strength.

CALCULATED METRIC  
Watts/Kg

**Rate of Force Development (RFD):** RFD is a measure of explosive strength, or simply how fast an athlete can develop force. Athletes with higher rates of force development have been shown to perform better during numerous physical performance tests.

CALCULATED METRIC  
Newtons

**Reactive Strength Index (RSI):** RSI is the ratio between the height jumped and the ground contact time, calculated by dividing the jump height by the ground contact time. The jump height time is the time between the participant's feet leaving the timing mat or force platform and when they contacted it again.

**Peak Speed:** A true peak is the absolute highest speed reached during a sprint, not the average speed during a peak zone or split.

CALCULATED METRIC  
Meters/Second

**Peak Power:** Peak power is the greatest output or production of work over a given amount of time. Power is able to account for a combination of strength, velocity, force and neuromuscular adaptations. Power tests help create an athletic profile and can also be used as an index of fitness or performance adaptation over time.

CALCULATED METRIC  
Watts

**Volume:** Volume is a measurement of the total weight lifted, you get this by using the following equation:  
Sets x reps x weight.

CALCULATED METRIC  
Pounds

## SCORING

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**Percentile:** A percentile rank indicates how well an athlete performed in comparison to the athletes in their peer group. The Park™ scores percentile rankings against a dataset of thousands of athletes across the globe grouped by age and gender. For example, an athlete that scores in the 75th percentile, is performing better than 75% of athletes their age and gender worldwide.

*\*For the Overall Leaderboards, we use a “group percentile” based on their specific test group instead of the worldwide percentile.*

**Weighted Scores:** Each test result represents a predetermined percentage of the overall score. Some test scores will be assigned a greater value according to the significance of that particular test.

**Z-Score:** A Z-Score compares an athlete’s individual performance to the test group’s average. Results are scored against participants of the same age and gender, and presented as positives (above average) and negatives (below average). For example, a Z-Score of 0 indicates the athlete scored the same as the group’s average, and a score of 1.0 would represent one standard deviation above the average.