

RUNNING A FIGURE OF EIGHT

Purpose: To assess agility, speed and body control during rapid turns.

Method: The conscript runs as fast as possible a figure of eight around two traffic cones placed 10 metres apart with the start/finish line next to one of the cones. The stopwatch is started concurrently with the starting signal and stopped when the subject crosses the start/finish line again.

Outcome: Time in seconds. Result were categorised in quartiles: 1st quartile (<6.03), 2nd quartile ($6.03 \leq \text{time} < 6.27$), 3rd quartile ($6.27 \leq \text{time} \leq 6.60$), 4th quartile (> 6.60).

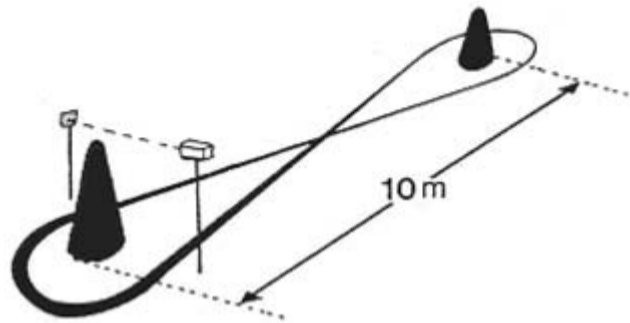


Diagram of the performance of running a figure of eight test.