

ONE-LEG STANDING ON A NARROW BEAM

Purpose: To measure efficiency of static postural control while the are of support is reduced.

Method: The narrow beam (1cm wide) is placed on the floor. The person stands on one foot on bar with shoes on, the unsupporting foot off the floor. The conscript can choose which foot to stand on, and is allowed to use his arms to balance.

Outcome: Attempts needed to collect one minute total standing time is counted. The tester stops the watch every time the unsupporting foot touches the floor and restarts the watch when the foot is of the floor again.



Starting position or foul which stops the watch



Performance position