Name _____

EXS 297 Motor Behavior
Ability Profile

Perform as many of these task (time-permitting) to establish your ability profile. The RT values will be assessed in lab next week. For a review of specific definitions of the following abilities, refer to Table 1.2 (on p. 17) in your textbook.

Ability	Assessment (circle)		
Finger Dexterity – Record your score from the Modified Purdue Pegboard task completed in lab today. _____ sec.	Low	Medium	High
(Arm) Limb Movement Speed – Record the best of 3 trials of how many taps you can make in 12 seconds. _____	Low	Medium	High
Arm-hand Steadiness – From arm-hand steadiness station, record the better score (number of errors) for the 2 trials. _____	Low	Medium	High
Explosive Leg Strength – Record your best of 3 trials for a Vertical Jump from a 2-foot take-off. _____ in.	Low	Medium	High
Hand Grip Static Strength – Record the best of 3 trials of your dominant your hand grip strength _____ kg	Low	Medium	High
Gross Body Equilibrium – Record the longest time of 3 trials you can stand on the wooden block with your eyes closed. _____ sec.	Low	Medium	High
Reaction Time – From next week's the RT lab, what was your mean 1-choice reaction time from the Stimulus complexity station? _____ ms	Low	Medium	High
Response Orientation - From the RT lab, what was your mean 2-choice reaction time from the Stimulus complexity station? _____ ms	Low	Medium	High

In addition, what is your personal assessment of the following abilities?

Ability	Assessment		
Trunk Strength	Weak	Average	Strong
Extent Flexibility	Weak	Average	Strong
(Leg) Limb Movement Speed	Weak	Average	Strong
Multi-limb coordination	Weak	Average	Strong
Dynamic Flexibility (Agility)	Weak	Average	Strong
Gross Body Coordination	Weak	Average	Strong
Stamina	Weak	Average	Strong