

Balance Testing Instructions

Video Setup

1. Get a device that can record your test and set it up in a location where you can clearly see yourself from head to toe.
2. Make sure you have plenty of room around yourself so you do not trip on anything or if you fall you do not hurt yourself
3. Before you start your test make sure you have something that will keep time for you for each stance which will last 20 seconds each. You may also play the informational video that will also have each stance timed out for you if you do not have someone else to record your video for you.
4. When you start your video please state your first and last name and what sports you will be participating in at DelVal (Ex: John Doe, Soccer and Tennis).

Balance Test

1. The first stance is a double leg stance where your feet are together with your hands on your hips.
2. When the timer starts you will close your eyes until the 20 seconds are complete.
3. Try to maintain this stance as best you can, if you feel like you are going to fall, catch yourself and return to this stance as soon as possible.
4. Once the 20 seconds is complete you can open your eyes and move on to the next stance.



5. The next stance is a single leg stance where you stand on your non-dominant leg. To figure this out think of what foot you would kick a ball with and you will stand on that leg. (Ex: Kicks ball with right leg, stands on right leg).

6. When the timer is about to start lift up the other leg you are not standing on and when the timer starts you will close your eyes keeping them shut until the 20 seconds are complete.

7. While you are standing do not let your lifted leg touch the other leg and try to maintain this stance as best you can, if you feel like you are going to fall, catch yourself and return to this stance as soon as possible.

8. Once the 20 seconds are complete you may open your eyes and move on to the next stance.





9. The Final stance is a tandem stance which is similar to standing on a balance beam where you will have the leg you just stood on behind your other foot with the toes of your back foot touching the heel of your front foot.
10. When the timer starts you will close your eyes until the 20 seconds are complete.
11. Try to maintain this stance as best you can, if you feel like you are going to fall, catch yourself and return to this stance as soon as possible.
12. Once the 20 seconds is complete you can open your eyes and stop your recording.

Uploading Video

Make Sure the Video is of the appropriate format of a MP4,MOV, or WMV.

1. Click on link: [Athletic Training Balance Test Webpage](#)
2. Once you reach the main page, scroll down the navigation menu on the left and click on your appropriate team.
3. Once there click on the upload tab and select the files option.
4. Select your video file of your test to be uploaded

Double Check Your Video After it Finished Uploading

If you have any issues with your video recording or uploading please contact Matt Kelly
(matthew.kelly@delval.edu)