

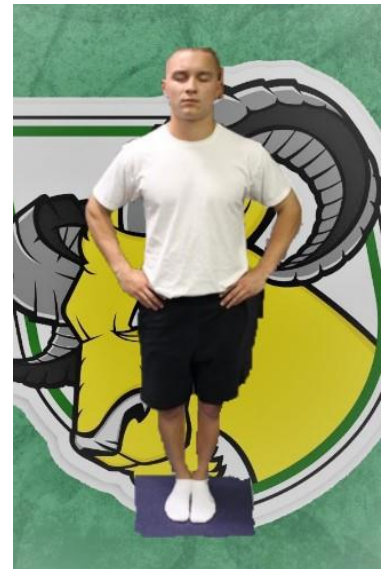
Balance Testing Instructions

Video Setup

1. Have a device that can record your test video and set up in a location where you can clearly see yourself from head to toe. You will be continuously recording your three stances.
2. Make sure you have plenty of room around yourself, so you do not trip or fall into anything so you do not hurt yourself.
3. Before your test starts you might want to have something that will keep your time for each stance (*20 seconds each*) 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 Baseball*).

Balance Test

1. The first stance is a double leg stance. Stand with your feet together and your hands on your hips. Your eyes will be closed during the recording.
2. Set your timer starts for 20 seconds. Begin recording when the timer starts, 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 fast as possible.
4. Once the 20 seconds is complete you can open your eyes and move on to the next stance.



1. The second stance is a single leg stance. To figure out which leg to stand on, picture the foot you would use to kick a ball with, this is the leg you will stand on. (*Ex: Kicks ball with left leg, stands on left leg*).
2. Set the timer for 20 seconds. Begin recording when the timer starts with the other leg up and your eyes closed. Keep your leg up and your eyes closed until the 20 seconds are complete.
3. 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 fast as possible.
4. Once the 20 seconds are complete you may open your eyes and move on to the next stance.



1. The third stance is a tandem stance. This stance is similar to standing on a balance beam. The foot of the leg you just stood on will be behind your other foot with the toes of your back foot touching the heel of your front foot. (Ex: If you stood on Left Leg the Left foot behind the right foot)
2. Set the timer for 20 seconds. When the timer starts close your eyes until the 20 seconds are completed.
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 fast as possible.
4. Once the 20 seconds are 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 or copy link:

<https://delawarevalleycollege.sharepoint.com/sites/AthleticTrainingBalanceTests>

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 Uploading is Completed

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