



Fitness Test: Pushup – Adaptations Manual

Equipment Used in This Video and Its Purpose:

- High Contrast Floor Tape - White
 - Tactile marker to mark where athlete's hands and knees should be on the floor
 - Can also be added to instructor's body while they are wearing dark clothing to highlight their movements
- Yoga Block
 - Tactile target for athlete to touch chest and hips to when doing pushup
- Yoga Mat
 - Surface with a good grip on which the athlete can perform the skill
- Pool Noodle
 - Put along athlete's spine to remind them to bring their whole body down for a pushup
 - Tactile cue
- Tactile pushup diagram
 - High contrast diagram of pushup body movements made tactile using puffy paint
- Artist's Figurine
 - Used to break down and demonstrate body movements of pushup
 - Athlete can feel and mimic the body movements

Video Script and Commentary:

- Video opens with Ruth (athlete) and Jessica (teacher) standing side by side in a gymnasium.



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- “My name is Jessica and I am a teacher.”
 - “Hi my name is Ruth and I am an athlete. “
- Slide of NWABA logo.
- Slide introducing video reads ‘Fitness Test: Pushup’ while voiceover reads the slide.
- Camera pans over equipment that will be used in this video. All of the equipment is laying in a line on the floor of the gymnasium. Voiceover names the equipment as it is shown on camera.
 - “Picture of floor tape, yoga block, pool noodle, tactile pushup diagram, artist’s figurine.”
- Ruth and Jessica are standing behind a yoga mat that is stretched out flat on the ground in front of them. The yoga block and pool noodle are on the right side of the mat. Jessica is holding a tactile diagram of a pushup. Jessica will pre-teach Ruth the skill of pushups using the tactile pushup diagram and artist’s figurine. For more information about pre-teaching, watch NWABA’s pre-teaching video.
 - “So now that we have demonstrated a modified pushup, we’re going to demonstrate a pushup.”
- Jessica lowers the diagram so Ruth can see it. They both hold the diagram to see and feel the different positions.
 - So Ruth, I’m going to show you this diagram on a pushup. So notice how in position one, the arms are straight, they are directly underneath the shoulders. The back is flat and the toes are tucked under the ankles. Okay? The legs are also straight, as well. And when you lower yourself down into position two, the elbows bend at a 90-degree angle, the



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nose comes down to the floor, the hips move down, as well, and your legs remain straight.”

- Jessica puts the tactile diagram down and pulls the artist’s figurine from her pocket. Jessica holds the artist’s figurine in front of Ruth to demonstrate a pushup. As she describes each motion, Jessica manipulates the artist’s figure accordingly and Ruth feels each position.
 - “I’m also going to show you on the artist’s figurine as well. So you start off with your hands located directly underneath your shoulders. See what I mean by that?”
 - “Yeah.”
 - “Okay? You have a flat back and your toes are tucked in underneath your ankles. Now position two, as you lower your chest down to the floor, your elbows bend at 90 degrees. So they bend, and the rest of your body stays the same. So again, you have the flat back all the way down to the legs. Do you want to give it a try?”
 - “Yeah.”
- Jessica puts the artist’s figurine down on the ground next to the tactile diagram. Jessica stands beside the yoga mat as Ruth steps on the mat with her feet at the left end of the mat. Ruth’s feet and hands are the only parts of her body touching the yoga mat. Ruth is positioned on her toes, her body has a slight curve up, and her arms are stretched out past her head, positioning her hands past her head on the mat.
 - “Alright, so let’s start from position one. So you’re down, hands are underneath your shoulders, excellent. Okay, the



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only thing I'm going to adjust is I'm going to still put a block underneath your chest so you know how far to go down."

- Jessica places the yoga block directly under Ruth's chest, skinny side up. Ruth repositions her hands so they are underneath her shoulders and her back is flat. She then completes one pushup as Jessica gives the cue "Lower yourself down and up."
 - "I'm going to have you move your hands back a little, yep. Perfect. Hold on, move up, slide up a little bit. Still some more. Okay. All right, and you see how you have your chin pointed down, your nose is down, and you have a flat back? Tuck your hips in a little bit, excellent. Lower yourself down and up. Excellent. Great job. So you can go back on your knees. Okay, we can stand up."
- The athlete and teacher stand up and position themselves behind the yoga mat.
 - "So as your athlete becomes more proficient in their skill, you can increase the duration and number of repetitions that they perform."
- Slide reads 'For more, visit the Sports Adaptations page at www.nwaba.org. Thank you for watching!' Voiceover reads the slide.
- Slide of NWABA logo.

Other Adaptations and Extending the Skill of Pushup

- The athlete can increase the duration and number of repetitions they perform.



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- The athlete can hold position two for a few seconds then return to position one.
- The athlete can put their feet up on a block so that their feet are higher than their head and they are angled towards the ground. This will increase the difficulty of the pushup.
- The athlete can put a resistance band across their shoulders while performing the pushup. This will increase the difficulty of the pushup.