



Fitness Test: Sit Up – Adaptations Manual

Equipment Used in This Video and Its Purpose:

- Playground ball, handball, tennis ball
 - Tactile cues of decreasing sizes for athlete to hold on their abdomen and squeeze between their chest and thighs to teach them to bring their chest to their thighs when doing a sit up
- Yoga mat
 - Surface with extra grip to help athlete with stability while performing skill
- Tactile sit up diagram
 - High contrast diagram of sit up body movements made tactile using puffy paint
- Artist's figurine
 - Used to break down and demonstrate body movements of sit up
 - Athlete can feel and mimic the body movements

Video Script and Commentary:

- Video opens with Elwin (athlete) and Jessica (teacher) standing side by side in a gymnasium.
 - “My name is Jessica and I am a teacher.”
 - “And my name is Elwin and I am an athlete. “
- Slide of NWABA logo.
- Slide introducing video reads ‘Fitness Test: Sit Up’ while voiceover reads the slide.



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- 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 describes equipment as they are shown on camera.
 - “Picture of: Playground ball, hand ball, tennis ball, tactile sit up diagram, artist’s figurine.”
- Elwin and Jessica are standing on a yoga mat. Jessica is holding the tactile sit up diagram in both hands along with the artist’s figurine. Jessica will pre-teach Elwin the skill of sit ups using the tactile sit up diagram and artist’s figurine. For more information about pre-teaching, watch NWABA’s pre-teaching video.
 - “The skill we’re going to learn now, is the sit up. And this is an exercise that people can learn in order to increase their abdominal strength.”
- Jessica puts the tactile situp diagram in Elwin’s hands.
 - “So, Elwin, I have a tactile diagram here, and there are two positions similar to how the push up had two positions, a down and an up. So, the first position, you’re going to be laying down on your back with your knees bent at a 90-degree angle. Your head is going to be in a neutral position on the floor, and your feet are going to be pointed up.”
 - “Got it!”
 - “The second position, you go from lying down to almost like a seated position. So, you’re going to use your abdominal muscles, which are in the area of your stomach or your waist. And you are going to lift yourself up, and that will be one sit up.”



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- Slide reading ‘Further explain the skill by using the artist figurine’ while voiceover reads the slide.
- Camera shows Elwin and Jessica standing on the yoga mat. Jessica is handling the artist’s figurine and manipulating it according to the directions she is giving while Elwin feels what she is doing.
 - “I’m going to show you with the artist’s figurine the position. So to start, your knees are going to be bent, your hands will be at your side. So, do feel how there’s a 90-degree angle in your knees? And your upper body, that’s your back, your shoulders, your head, they’re all laying down on the floor. So, as you rise up, you’re bending at the waist and bringing your chest to your knees. Okay, so it’s down and up, down and up.”
- Jessica holds the artist’s figurine in her hands while she describes what she is going to do next.
 - “So, I’m going to demonstrate for you first, so you can see what your body is supposed to be doing. And you can tell me where you want to keep your hands.”
- Slides reading ‘To help the athlete complete the task, make sure they are using a surface with a grip such as, a yoga mat’ while voiceover reads the slide.
- Elwin sits on the left end of the yoga mat with his legs crossed and Jessica sits in the middle of the mat as she gets into position to perform a sit up. Jessica is lying diagonally across the mat.
 - “So, we’re going to get down on the mat again, and I’m going to sit with my body angled toward you. So, first thing



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we're going to do, I'm going to lay on my back with my knees pointed to the ceiling, my feet are flat on the floor. My hands are at my side.

- Jessica is guiding Elwin's hand along her arm to show that her arm is flat on the ground. Voiceover describes what Jessica and Elwin are doing.
 - "The teacher is using tactile modeling for the skill. The athlete is next to the teacher. As the teacher performs the skill, the athlete feels the movement of the teacher's body."
- Jessica performs the skill by sliding her hands on the ground as she raises her body to her knees.
 - "When you're coming up, your whole body is raising up. So, like I said, you can slide. Or if it's easier to have your hands on your chest, in an "X" position, that works also."
- Slides reads 'Use a variety of equipment to assist the athlete in completing the skill. A large ball has been placed on the athlete's stomach' while voiceover reads the slide.
- In the next frame, Elwin is laying on the yoga mat in the sit up ready position with his head slightly off the end of the mat and his arms are crossed in an "X" position on his chest. His legs are bent at a 90-degree angle and his feet are flat on the floor. Jessica is sitting next to him holding a playground ball on his stomach with her hand.
 - "So, we're going to try this with a big ball, so you can see how far you need to go, and as you get more comfortable, we'll decrease the size of the ball. Want to give it a go?"



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- “Sure!”
- “So when you get to the top of your sit up, you want to give the ball a squeeze between your chest and shoulders.”
- Elwin sits up and squeezes the ball between his elbows and knees. The ball slightly jingles. After Jessica gives more feedback, Elwin tries another sit up.
 - “Okay, perfect! And down. And remember when you do this, you want to breathe in through your nose and out through your mouth. You don’t want to hold your breath. So, when you’re ready, come up, squeeze, and down.”
- Slide reads ‘Equipment should increase in difficulty as the athlete progresses’ while voiceover reads the slide.
- Elwin is laying on the yoga mat in the same position he was in before. This time, Jessica has a smaller ball that she will place on his stomach. Using a smaller ball will make the skill more difficult. When Jessica holds Elwin’s feet, she put a hand on each foot. This ensures that Elwin is using his abdominal muscles to perform the skill.
 - “So, now we’re going to transition to a smaller, foam tennis ball. I’m going to place it on your belly, and I’m going to hold your feet for stability. And remember, take a deep breath when you get to the top. I want you to try and squeeze your shoulders and chest to your knees. Ready to give it a go?”
 - “Okay.”
 - “As best as you can, excellent.”



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- Slides reads ‘Be patient, it may take several attempts for the athlete to fully grasp the skill’ while voiceover reads the slide.
- Elwin and Jessica are standing side-by-side on the yoga mat again.
 - “That was the skill of sit ups. And as your athletes become more proficient, there are many variations you can implement with your students. You can do crunches, you can have them do partner sit ups, where they link up with another student, which is also another way to increase socialization. You can implement different objects like weighted medicine balls and things of that nature. You can increase the amount of repetitions and the duration that students are performing the skill.
- Slide reads ‘For more, visit the Sports Adaptations page at www.nwaba.org. Thank you for watching!’ while voiceover reads the slide.
- Slide of NWABA logo.

Other Adaptations and Extending the Skill of Sit Ups

- Athletes can hold a heavier ball in their hands, such as a medicine ball, while completing sit ups
- Athlete can hold a dumbbell across their chest while completing sit ups
- Increase the number of sit ups completed consecutively