

HESR 250 Performance Scales

HESR 250 Performance Scales for the Groundstroke Test

Test Description:

- The test is performed outdoors on the Carmichael Gym Tennis Courts. The test consists of a student hitting 20 balls launched from a ball machine, alternating forehand and backhand groundstrokes.
- Each shot that clears the net and lands crosscourt inside the singles court will be scored.
- All shots that land between the service line and the net will be worth one point while shots landing between the service line and the baseline are worth two points.

Groundstroke Points (raw score)	Percentage
> 36	100
34-35	95
31-33	90
28-30	85
26-27	80
23-25	75
21-22	70
19-20	65
17-18	60
15-16	55
13-14	50
< 12	45

Source: NCSU HES DEPT. 2013

Performance Scales for the Serve Test Protocol

Test Description:

- The test is performed outdoors on the Carmichael Tennis Courts.
- Each of the testing courts are marked using a dashed chalk line halfway between the service line and baseline and between the baseline and the fence creating five scoring areas.
- The testing student must stand on the side of the court opposite the marked scoring sections.
- The student receives five trials from the deuce court and five trials from the ad court.
- Each trial consists of a first serve and a second serve (if the first serve is a fault).
- The serve must be a legal serve according to the rules of tennis or it is considered a fault.
- If the serve is good, the student receives the number of points corresponding to the marked section in which the second bounce lands.
- If the serve is a fault the server gets a second serve.
- If the second serve is also a fault the server scores zero points and the trial is complete.
- After all ten trials are complete the students' total score is recorded and a grade is given according to the appropriate scale depending on sex of the student.

Males	Percentage	Females
Raw Score		Raw Score
> 45	100	> 40
43-45	95	38-40
40-42	90	35-37
37-39	85	32-34
34-36	80	29-31
31-33	75	26-28
29-30	70	24-25
27-28	65	22-23
25-26	60	20-21
23-24	55	18-19
21-22	50	16-17
< 21	45	< 16
Source: NCSU HES DEPT. 2013		

Performance Scales for the Wall Rally Test

Test Description:

- The test is performed indoors on the basketball courts #7 and/or #8.
- The testing student must stand approximately 33ft from the wall.
- The student is given a section of the wall (min 20 ft) wide.
- Each student attempts to rally against the wall for three 30-second trials with a 15-20 second break between trials.
- The ball must bounce at least once before it can be hit – multiple bounces are permissible, but volleys do not count as valid hits.
- A partner records the number of times that the tennis ball strikes the wall.
- Only direct hits that travel from the student’s racquet and strike the section of the wall designated to the student can be counted.
- Any erratic hits which strike any other area or object in the court do not count toward the students’ score even if the ball hits the designated section of the wall after striking the object or area (i.e. the ball cannot hit the floor, air ducts, columns, basketball goals, ceiling, etc. before hitting the wall).
- After all trials are completed the students’ total score is recorded and a grade is given according to the appropriate scale depending on sex of the student.

Males	Percentage	Females
Raw Score		Raw Score
> 59	100	> 49
57-59	95	47-49
54-56	90	43-46
51-53	85	40-42
48-50	80	37-39
45-47	75	34-36
42-44	70	31-33
39-41	65	28-30
36-38	60	25-27
33-35	55	22-24
30-32	50	19-21
< 30	45	< 19
Source: NCSU HES DEPT. 2013		