ONE-LEG STANDING ON A NARROW BEAM

**Purpose:** To measure efficiency of static postural control while the area of support is reduced.

**Method:** The narrow beam (1 cm wide) is placed on the floor. The person stands on one foot on bar with shoes on, the unsupporting foot off the floor. The conscript can choose which foot to stand on, and is allowed to use his arms to balance.

**Outcome:** Attempts needed to collect one minute total standing time is counted. The tester stops the watch every time the unsupporting foot touches the floor and restarts the watch when the foot is off the floor again.