

Fitness Testing

Protocols

for

APRIL  FALLS MONTH[®]

Evaluation

SIT TO STAND

SENIORS FITNESS TEST

Purpose: Assess leg strength and endurance

Equipment required: A sturdy chair without arm rests, stop watch

Procedure:

- Explain test aim - how many full sit to stand can be achieved in 30 seconds
- Place chair against wall or stabilise for safety
- Participant sits in the middle of the seat with feet shoulder width apart and flat on the floor
- Arms crossed at wrists and held close to the chest
- From sitting position, participant stands up completely, then sits completely back down. This is repeated for 30 seconds
- Count completed chair stands in 30 seconds

Scoring: The score is the number of completed chair stands. See table below showing recommended ranged for this test based on age (from Jones & Rikli, 2002)

Men's Results

Age	below average	average	above average
60-64	< 14	14 to 19	> 19
65-69	< 12	12 to 18	> 18
70-74	< 12	12 to 17	> 17
75-79	< 11	11 to 17	> 17
80-84	< 10	10 to 15	> 15
85-89	< 8	8 to 14	> 14
90-94	< 7	7 to 12	> 12

Women's Results

Age	below average	average	above average
60-64	< 12	12 to 17	> 17
65-69	< 11	11 to 16	> 16
70-74	< 10	10 to 15	> 15
75-79	< 10	10 to 15	> 15
80-84	< 9	9 to 14	> 14
85-89	< 8	8 to 13	> 13
90-94	< 4	4 to 11	> 11

BALANCE TEST

SENIOR FITNESS TEST

Purpose: Assess measure whole body balance

Equipment required: Flat, non-slip surface, stopwatch, recording sheet

Procedure:

- Explain test procedure - This is a graded test. If you achieve 10 seconds, you will move on to a harder challenge. The order is:
 - feet together
 - semi-tandem
 - full tandem
 - standing on 1 leg
 - standing on the other
- Stand next to participant to demonstrate and allow them to hold onto your arms to get into position. Begin timing when participant let's go of your arm
- Practice 2 times then perform 2 trials. Stop if subject experiences pain

Scoring: The score is the ability to complete the level



2 MINUTE STEP IN PLACE TEST

SENIORS FITNESS TEST

Purpose: Assess aerobic fitness / an alternative to 6 minute walk test

Equipment required: Stop watch, tape for marking the wall, wall (or chair for balance)

Procedure:

- Explain test procedure - how many measured high steps can be completed in 2 minutes
- Participant stands straight next to a wall. Mark is placed on wall corresponding to midway between knee cap and top of hip. This can also be achieved by resting hands in this place and each step must contact knee to hand
- Participants marches for 2 minutes, lifting knee to height of mark on wall or hand
- Resting and holding on to a chair or the wall is allowed. But should be noted

Scoring: Record the number of times the right knee reaches the taped level in 2 minutes. Use the table below showing the recommended ages for this test based on age groups

Men's Results

Age	below average	average	above average
60-64	< 87	87 to 115	> 115
65-69	< 87	86 to 116	> 116
70-74	< 80	80 to 110	> 110
75-79	< 73	73 to 109	> 109
80-84	< 71	71 to 103	> 103
85-89	< 59	59 to 91	> 91
90-94	< 52	52 to 86	> 86

Women's Results

Age	below average	average	above average
60-64	< 75	75 to 107	> 107
65-69	< 73	73 to 107	> 107
70-74	< 68	68 to 101	> 101
75-79	< 68	68 to 100	> 100
80-84	< 60	60 to 91	> 91
85-89	< 55	55 to 85	> 85
90-94	< 44	44 to 72	> 72