

Physical Performance Test

Scoring Sheet

			Time	Scoring	Score
1.	Write a sentence. (Whales live in the blue ocean.)	Seconds		≤ 10 sec = 4 10.5-15 sec = 3 15.5 - 20 sec = 2 >20 sec = 1 unable = 0	
2.	Simulated eating	Seconds		≤ 10 sec = 4 10.5-15 sec = 3 15.5 - 20 sec = 2 >20 sec = 1 unable = 0	
3.	Lift a book and put it on a shelf Book PDR 1988: 5.5 lbs Bed height 59 cm Shelf height 118 cm All sitting with feet on floor	Seconds		≤ 2 sec = 4 2.5- 4 sec = 3 4.5 - 6 sec = 2 > 6 sec = 1 unable = 0	
4.	Put on and remove a jacket. 1. Standing 2. Use of bathrobe; button down shirt; hospital gown.	Seconds		≤ 10 sec = 4 10.5-15 sec = 3 15.5 - 20 sec = 2 >20 sec = 1 unable = 0	
5.	Pick up a penny from floor.	Seconds		≤ 2 sec = 4 2.5- 4 sec = 3 4.5 - 6 sec = 2 > 6 sec = 1 unable = 0	
6.	Turn 360 degrees			Discontinuous steps = 0 Continuous steps = 2 Unsteady (grabs, staggers) = 0 Steady = 2	
7.	50-foot walk test. Starting sitting for instructions.	Seconds		≤ 15 sec = 4 15.5- 20 sec = 3 20.5 - 25 sec = 2 >25 sec = 1 unable = 0	
8.	Climb one flight of stairs.*	Seconds		≤ 5 sec = 4 5.5- 10 sec = 3 10.5 - 15 sec = 2 >15 sec = 1 unable = 0	
9.	Climb stairs.*			Number of flights of stairs up and down (maximum 4)	
	TOTAL SCORE (maximum 36 for nine-item, 28 for seven-item)				
	(*Round time measurements to nearest 0.5 seconds.) (* omit for 7 item test)			9-item score	

Physical Performance Test Ppt Study Guide

R Pring



Physical Performance Test Ppt Study Guide:

The book delves into Physical Performance Test Ppt Study Guide. Physical Performance Test Ppt Study Guide is a crucial topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Physical Performance Test Ppt Study Guide, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Physical Performance Test Ppt Study Guide
 - Chapter 2: Essential Elements of Physical Performance Test Ppt Study Guide
 - Chapter 3: Physical Performance Test Ppt Study Guide in Everyday Life
 - Chapter 4: Physical Performance Test Ppt Study Guide in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Physical Performance Test Ppt Study Guide. This chapter will explore what Physical Performance Test Ppt Study Guide is, why Physical Performance Test Ppt Study Guide is vital, and how to effectively learn about Physical Performance Test Ppt Study Guide.
 3. In chapter 2, the author will delve into the foundational concepts of Physical Performance Test Ppt Study Guide. This chapter will elucidate the essential principles that need to be understood to grasp Physical Performance Test Ppt Study Guide in its entirety.
 4. In chapter 3, this book will examine the practical applications of Physical Performance Test Ppt Study Guide in daily life. This chapter will showcase real-world examples of how Physical Performance Test Ppt Study Guide can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Physical Performance Test Ppt Study Guide in specific contexts. The fourth chapter will explore how Physical Performance Test Ppt Study Guide is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Physical Performance Test Ppt Study Guide. This chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Physical Performance Test Ppt Study Guide.

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