Physical Performance Test

Scoring Sheet

_						
			Time	Scoring	Score	
L	Write a sentence. (Whales live in the blue ocean.)	Seconds.		10.5-15 sec 15.5 - 20 sec >20 sec	-4 -3 -2 -1	
2.	Simulated cuting	Seconds		≤ 10 sec 10.5-15 sec 15.5 - 20 sec >20 sec	- 4 - 3 - 2 - 1	
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 2.5- 4 sec 4.5 - 6 sec > 6 sec	-4 -3 -2 -1 -0	
4.	Put on and remove a jacket 1. Standing 2. Use of bathrobe; button down shirt; hospital gown.	Seconds		10.5-15 sec 15.5 - 20 sec >20 sec	-4 -3 -2 -1	
5.	Pick up a penny from floor.	Seconds		≤ 2 sec 2.5- 4 sec 4.5 - 6 sec > 6 sec	-4 -3 -2 -1	
6.	Turn 360 degrees		Discontinuous steps = 0 Continuous steps = 2 Unsteady (grabs, staggers) = 0 Steady = 2		-2	
7.	50-foot walk test. Starting sitting for instructions.	Seconds	Sid	≤ 15 sec 15.5- 20 sec 20.5 - 25 sec >25 sec	-4 -3 -2 -1	
8.	Climb one flight of stairs.*	Seconds		5.5- 10 sec 10.5 - 15 sec >15 sec	-4 -3 -2 -1	
9.	Climb stairs.+		Number of I	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

L Darling-Hammond

Physical Performance Test Ppt Study Guide:

Physical Performance Test Ppt Study Guide Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Physical Performance Test Ppt Study Guide**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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