

# FITNESS ASSESSMENT PROTOCOL & MATERIALS NEEDED

EXERCISE	EQUIPMENT	PROCEDURE	SCORING
<b>Beginning Station</b>	Pens Clipboard Informed consent Pre-program survey Demographics	Complete Forms	
<b>Balance Station</b>	Stopwatch  Chair with armrests  Chair without armrests,  OR space near a wall	<ol style="list-style-type: none"> <li>1. Mountain Pose: Stand behind a chair with your feet side by side and touching without using hands for support (10 sec)</li> <li>2. Tandem Stand: Stand behind a chair using one hand for support. Place one foot directly in front of the other. The heel of front foot should be touching the toes of the back foot. Let go of chair and hold for 10 sec</li> <li>3. One-legged Stand: Stand behind a chair and shift weight to one foot and bend the knee of the other leg. Let go of chair and hold for 10 sec</li> <li>4. Tandem Stand w/ Eyes Closed: (spotter needed) Position same as #2 except w/ eyes closed (10 sec)</li> <li>5. Tandem Stand w/ Eyes Closed and Head Turning: (spotter needed) Same as #4 except turn head slowly to the left, slowly to the right, and return to center (10 sec)</li> <li>6. One-Legged Stand w/ Eyes Closed: (spotter needed) Same position as #2, except you will close your eyes (10 sec)</li> </ol>	If at any point the participant cannot complete 10 seconds of one position, DO NOT move on to the next move. Write down the number of seconds they completed and move directly into 30 sec chair stands.
<b>30-second Chair stand</b>	Stopwatch  Chair  2 research assistants (1 for counting, 1 for support)	<ol style="list-style-type: none"> <li>1. Place chair against wall (17 in)</li> <li>2. "In this exercise you will stand and sit as many times as you can in 30s. I will signal you with the word go."</li> <li>3. Demonstrate for participant</li> <li>4. Starting position: Sit in the middle of the chair; feet flat on floor; arms crossed</li> <li>5. On "go," the timer will run for 30 seconds, Complete as many as possible in 30 seconds.</li> <li>6. Allow a 30 second break between each trial.</li> </ol>	Count the total number of stand and sits in 30 seconds; more than half way up counts as a full stand.

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<b>30-sec Arm Curl</b>	Stopwatch Chair without armrests Dumbbell	<ol style="list-style-type: none"> <li>Participant should be seated with back against the chair, feet flat on floor, dominant side of the body close to edge of the chair; RA hand on elbow for guidance</li> <li>In this exercise participant will do an arm curl, starting with hand in 'handshake' position.</li> <li>Bring the dumbbell up in full motion. Demonstrate for the participant and then they can practice once before beginning.</li> <li>On "go," the timer will run for 30 seconds. Complete as many arm curls as you can.</li> <li>30 second break between each trial.</li> </ol>	Count the total number of curls; if the arm is more than halfway up at the end, it counts as a curl.
<b>2-min Step Test</b>	Stopwatch Meter stick Tape markers	<ol style="list-style-type: none"> <li>Participant is to bring the leg up between patella (knee cap) and iliac crest (bottom of hip) as marked on the wall.</li> <li>On the signal "go," participant will step in place, starting with the right leg and continue to step for 2 minutes. Let participant know when 1 minute has passed and when there are 30 seconds to go.</li> <li>Do not encourage or motivate participants, simply say the time.</li> <li>Discontinue at sign of dizziness, pain, nausea, or fatigue</li> <li>Allow participant to take a water break if desired</li> </ol>	Record the total number of times the RIGHT knee reaches minimum height
<b>Chair Sit-and-Reach</b>	Chair 18-inch ruler	<p>Chair against the wall; crease between top of leg and buttocks inline with the edge of the seat; place meter stick on inside of stretched leg</p> <p>One leg bent with foot flat on floor; preferred leg extended; hinge at the hips and dive forward with hands on top of each other.</p> <p>Demonstrate; 2 trial tests for participant; 2 actual tests</p>	If participant is short of reaching the toe (minus score); distance past toe (positive score). The middle of the toe at the end of the shoe is a "0." Measure to the nearest ½ inch.

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<b>Back-scratch</b>	18 inch ruler	<ol style="list-style-type: none"> <li>1. Ask participant which arm is more flexible. Record answer. You can allow them to “test” which side is more flexible.</li> <li>2. Ask participant to place finger tips next to each other rather than overlapping</li> <li>3. “Arms out in a T, breathe, then bring hands together behind back.”</li> </ol>	<p>If participant is short of reaching hands behind head (minus score).</p> <p>Distance the hands overlap (positive score).</p> <p>Measure distance to nearest half; circle best measure (be sure to indicate + or - )</p>
<b>8 Foot Up and Go</b>	Chair  Stopwatch  Cone  2 research assistants (one to keep time and one to spot)	<ol style="list-style-type: none"> <li>1. Chair against the wall; unobstructed</li> <li>2. Seated in middle of the chair, hands on thighs feet flat</li> <li>3. “This is a timed test, please walk as quickly as possible, without running, around the cone and back. I’ll demonstrate, then you can start when I signal go.”</li> <li>4. Signal “go.” Start timer whether they move or not; stop exactly when back in chair.</li> </ol>	<p>Record the time elapsed to the nearest 1/10<sup>th</sup>.</p> <p>Circle best score after completing twice</p>

**Remember:**

1. The same individuals must proctor the pre- and post- functional fitness assessments.
2. Allow approximately 15 minutes per person.
3. Use the same arm for both trials when completing the 30-second arm curl and back scratch
4. Use the same leg for both trials when participant is completing the Sit and Reach.