

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

Liying Dong



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Table of Contents Physical Performance Test Ppt Study Guide

1. Understanding the eBook Physical Performance Test Ppt Study Guide
 - The Rise of Digital Reading Physical Performance Test Ppt Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Physical Performance Test Ppt Study Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Physical Performance Test Ppt Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Physical Performance Test Ppt Study Guide

- Personalized Recommendations
 - Physical Performance Test Ppt Study Guide User Reviews and Ratings
 - Physical Performance Test Ppt Study Guide and Bestseller Lists
5. Accessing Physical Performance Test Ppt Study Guide Free and Paid eBooks
 - Physical Performance Test Ppt Study Guide Public Domain eBooks
 - Physical Performance Test Ppt Study Guide eBook Subscription Services
 - Physical Performance Test Ppt Study Guide Budget-Friendly Options
 6. Navigating Physical Performance Test Ppt Study Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Physical Performance Test Ppt Study Guide Compatibility with Devices
 - Physical Performance Test Ppt Study Guide Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Physical Performance Test Ppt Study Guide
 - Highlighting and Note-Taking Physical Performance Test Ppt Study Guide
 - Interactive Elements Physical Performance Test Ppt Study Guide
 8. Staying Engaged with Physical Performance Test Ppt Study Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Physical Performance Test Ppt Study Guide
 9. Balancing eBooks and Physical Books Physical Performance Test Ppt Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Physical Performance Test Ppt Study Guide
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Physical Performance Test Ppt Study Guide
 - Setting Reading Goals Physical Performance Test Ppt Study Guide
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Physical Performance Test Ppt Study Guide

- Fact-Checking eBook Content of Physical Performance Test Ppt Study Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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