

FUNCTIONAL FITNESS MOT PROTOCOLS

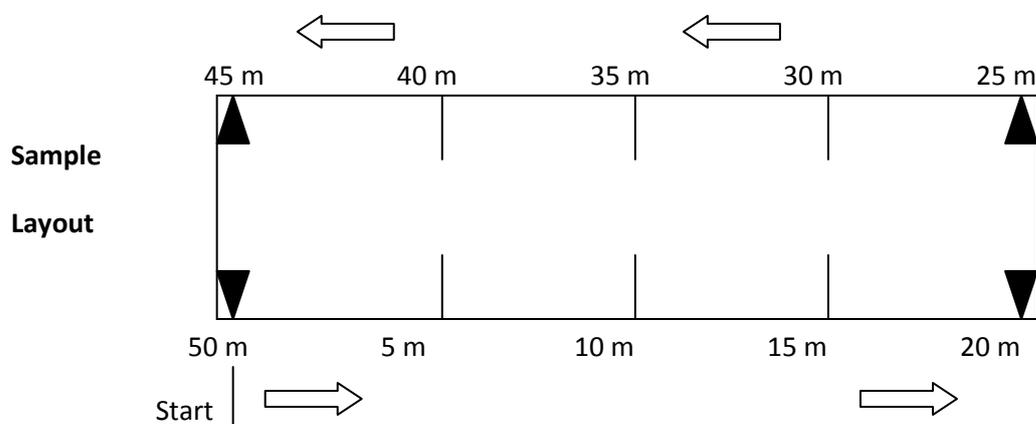
6 Min Walk

Equipment: Stopwatch, long measuring tape, four cones, chalk, masking tape or some other type of markers to keep track of laps walked (eg. clicker).

Setup: Mark off in 5-meter segments a flat 50-meter rectangular area: 20 meters down, 5 meters across. 20 meters back and 5 meters across.

Protocol: On your signal of “go” the participant walks **as fast as possible (no running)** around the course as many times and he or she can within the six-minute time limit. To assist with the pacing you should “call out” when participants are approximately half done (3 mins), when 2 minutes are left and when 1 minute is left. At the end of the walk, the participant should slowly walk around for another minute to cool down.

Scoring: On the test day, administer one trial. The score is the total number of meters walked in six minutes to the nearest 5-meter indicator. If necessary, the participant can rest and start again during the six minute, but you should keep the clock running.



30 sec Chair Stand

Equipment: Stopwatch and straight-back folding chair with no arms. Use a very stable chair for test items. Ensure you always use the same chair or same height chair.

Set up and Protocol: Place the chair against a wall to keep the chair from moving. Have the participant sit in the middle of the chair with back straight, feet flat on the floor and **arms crossed at the wrists and held against the chest**. On your signal of “go” the participant rises to a full stand, then returns to a fully seated position. He or she repeats this movement as many times as possible within 30 seconds. If they have to use arms, document on form.

Scoring: Administer only one trial. Count the number of stands in 30 seconds.



Chair Sit and Reach

Equipment: Straight-back or folding chair and a hard wood long ruler.

Set up and Protocol: Put the chair against a wall. Have the participant sit on the edge of the chair, keeping one foot flat on the floor and the other leg extended with the foot flexed (toe pointing up). The participant **slowly reaches forward**, bending at the hips, and slides the hands (one on top of the other with the tips of the middle fingers even) down the extended leg in an attempt to touch the toes or reach beyond them. If the extended knee starts to bend, the participant should slowly sit back until the knee is straight before you score him or her.

Scoring: After giving the participant a warm-up practice, administer the test once. Measure the distance from the tips of the middle finger to the top of the toe to the nearest cm. If the reach is short of the toes, record the distance as a minus (-) score; if the middle fingers touch the toes, record a score of "0"; and if the reach is past the toes, record the distance as a plus (+) score



Back Scratch

Equipment: Hard long 18-inch (45.72cm) ruler.

Protocol: In a standing position (or seated if they are frailer), keeping the back as straight as possible, the participant reaches one hand over the shoulder and down the back (elbow up, palm down) and reaches for the other hand (palm facing up) behind the back and up as far as possible **in an attempt to touch** or overlap the middle fingers of each hand.

Scoring: After giving the participant a warm-up practice, administer once and record test score to the nearest half-inch (or cm). They can choose which arm to put over shoulder and which arm behind back – whichever they feel is their best. Measure the distance of overlap or distance between the tips of the middle fingers. Give a minus (-) score if the middle fingers are separate, a "0" score if the middle fingers touch and a plus (+) score if the middle fingers overlap.



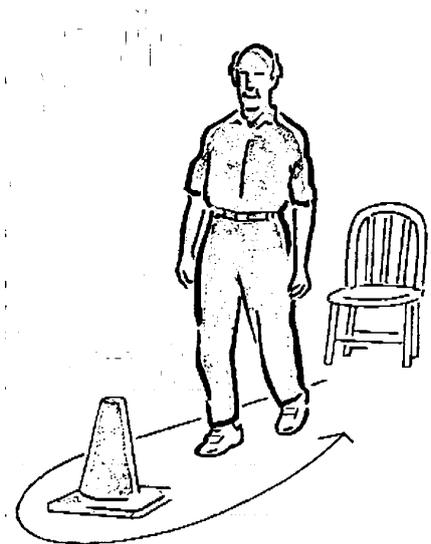
Timed 8ft up and go

Equipment: Stopwatch, straight-back or folding chair, tape measure and cone.

Setup: Place the chair against a wall in a clear, unobstructed area, facing a cone marker exactly 2.4m (8ft) (measured from the back of the cone to a point on the floor level with the front edge of the chair).

Protocol: Sitting in the middle of the chair with feet flat on the floor and the hands on the thighs, on your signal “go”, the participant pushes off and **walks (but does not run) as quickly as possible** around the cone, then walks back and sits down. If they use a walking aid, record on the form.

Scoring: Allow one practice walk and then record the next true test and record the time to the nearest half a second.



One-legged stance

Equipment: A stop watch

Protocol: This test is performed in a standing position with the participants' arms by their sides. Timing is started when the participant raises one foot off the floor. Timing is stopped if the person has to brace the suspended leg against the stance leg, if they lose balance, if they reach out to support themselves, touch the suspended leg to the floor or reach the maximum time for the test (45 seconds). Either do their "best" leg (they will know which) or if you do both legs, record on the form the L and R leg.

Scoring: Record the number of seconds the participant is able to maintain this position.



Handgrip Strength

Equipment: A handgrip dynamometer

Protocol: This test is performed in a standing position (or seated if necessary) with the participants' arms by their sides. The participant holds the dynamometer in their preferred hand. Get the participant to take a deep breath then breathe out slowly as they squeeze the dynamometer as hard as they can. If you do both hands, record on the form the L and R leg.

Scoring: Record the maximum strength of the hand (kg).

