

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

S Marginson



Physical Performance Test Ppt Study Guide:

Unveiling the Magic of Words: A Review of "**Physical Performance Test Ppt Study Guide**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Physical Performance Test Ppt Study Guide**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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