


**Active Ageing**

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Lesson 3 Part 2  
Fitness Assessment and the Older Adult



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**The Tests Contd.**

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- In the next slide\_
- Soda Pop Test – Interaction and a video



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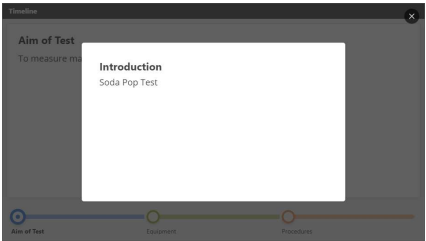
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 Interaction

Click the Interaction button to edit this object



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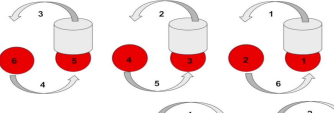
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### Soda Pop Test

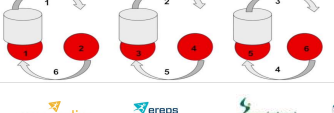
  
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Sequence →

RIGHT HAND:



LEFT HAND:



National Framework of Qualifications | European Qualifications Framework | europeactive | ereps | ireps Ireland | Fitness Professionals International

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### 6 min Walk Test

  
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- In the next slide-
- 6 min walk test – interaction followed by a video

National Framework of Qualifications | European Qualifications Framework | europeactive | ereps | ireps Ireland | Fitness Professionals International

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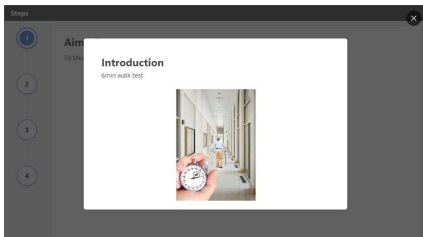
5

### Interaction

Click the Interaction button to edit this object

**Aim**

6 min walk test



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6

### 6min Walk Test



6 Minute Walk Test



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### 8 Foot Up and Go

- In the next slide-
- 8 Foot Up and Go test – interaction followed by a video



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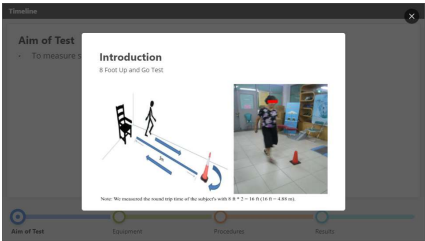
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### Interaction

Click the Interaction button to edit this object



Aim of Test

Introduction

8 Foot Up and Go Test

Note: No need to the hand up time of the subject's with 8 \* 2 = 16.0 (16.0 - 4.00 s)

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**8 Foot Up and Go Test**



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**Next Lesson**

- In the next lesson-
- Programme Planning



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