








Active Ageing

Lesson 3 Part 1
Fitness Assessment and The Older Adult









1




Learning Outcomes

- At the end of this lesson you will be able to:
- Demonstrate an understanding of the protocols involved in fitness testing and the older adult.
- Choose a suitable battery of tests for the older adult.









2




Learning Outcomes

- Conduct the tests in an appropriate and safe manner.
- Analyse the test results in order to inform programme prescription suitable to the client's needs.




3

Fitness testing




- Recap:
- As discussed in Lesson 1 physical performance testing has largely replaced stress testing for the assessment of functional status of older adults.




4

Fitness Testing




- This type of testing is useful because –
 - Little space
 - Little equipment
 - Low cost
 - Can be administered by lay or health fitness personnel with minimum training.




5


Why Test?



- Functional fitness is most critical for the older adult.
- Adequate strength, flexibility and endurance are essential to accomplish everyday tasks.
- Detect weaknesses before they cause serious functional limitations.









6



UNIVERSITY OF LIMERICK
DULCIOUS LITERATURE

Why Test?

- Monitor progress and to evaluate programme design
- Motivate clients to adhere to programme if progress can be seen to occur.







     

7



UNIVERSITY OF LIMERICK
DULCIOUS LITERATURE

The Tests

- The first test – 30sec chair stand test
- The next slide – Interaction showing the purpose of the test, equipment needed, test procedures and how to calculate results.
- The following slide – Video of test procedures







     

8

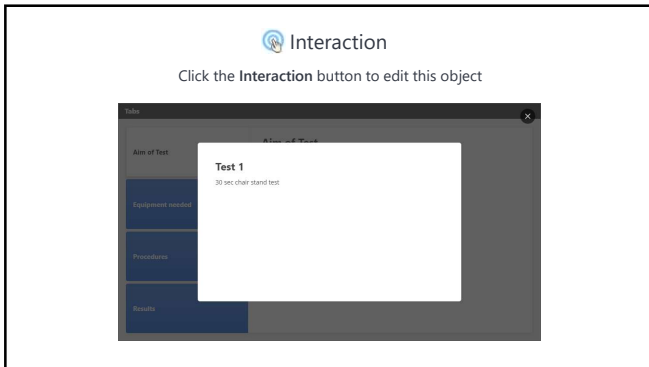

UNIVERSITY OF LIMERICK
DULCIOUS LITERATURE

The Tests

- The next slide –
- 30sec chair and stand test – Interaction followed by a video

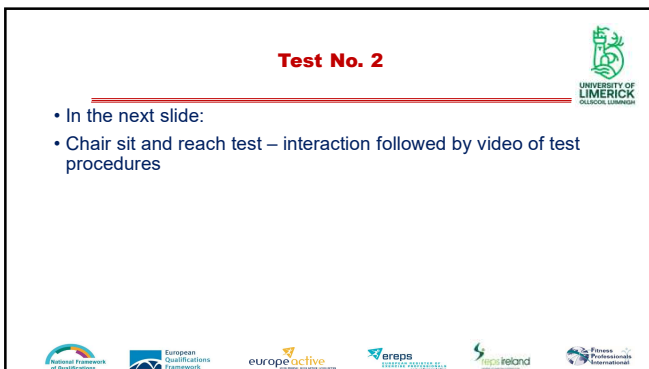
9



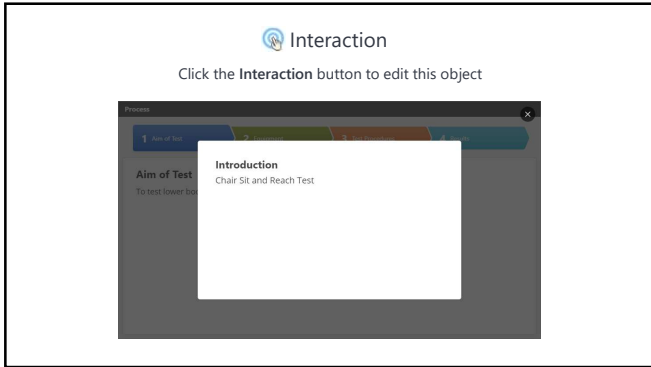
10



11



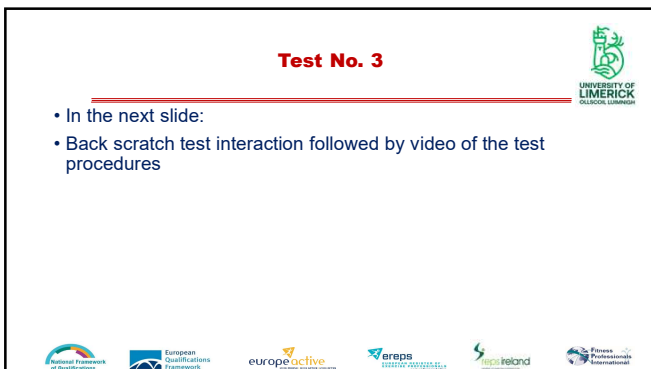
12




13



14



15

 Interaction

Click the Interaction button to edit this object


Aim of Test
To Measure g
of motion

Introduction
Back Scratch Test


16

Back Scratch


UNIVERSITY OF
LIMERICK
SCHOOL OF LEARNING




stretch the way we age...









17

In Part 2


UNIVERSITY OF
LIMERICK
SCHOOL OF LEARNING

- Next we are going to look at :
- Soda Pop Test
- 6min Walk Test
- 8-foot up and go test



18
