Appendix 3: Scoring Sheet (Male)

Proper protocols and measuring systems must be used for accurate classification. The table below was developed for 60-80-year old clients. It is important to let your client know this is not for rating or grading just for exercise programming. Try to practice how to deliver the test prior to meeting with your client so you look professional and anticipate any issues. Rest assured, if there is a wrong or easier way to do some task, the client will probably fall into that.

Table 8: Scoring system for classifying your male client

	Men						
	function tested	**TEST NAME**	**MEASUREMENT**	**1**	**2**	**3**	**4**
1	*agility*	8' up and go	Time to complete	> 6	6	5	< 4
2	*Balance-static*	4 stage balance test	10" hold position, eyes open and closed- *stand, instep, tandem, 1 leg*	Stands-EO	Instep-EO	1 leg-EO	Instep- EC
2	*Balance- dynamic*	Tandem Walk, Head up, Eyes closed	10 steps without losing balance- tandem, tand-bwrds, tand-look up, EC	N/A	N/A	Tandem	Backward
3	*Coordination*	Alternate Ball Toss	5 ft distance, # of catches in 30"	<5	5-10	11-20	>20
4	*Dexterity/Deftness*	Soda can turnover	Time to complete	>35	25	15-24	<15
5	*Endurance 1*	2 min march	Steps completed-one leg	85	85-104	105-120	>120
5	*endurance 2*	2 min walk (50 ft cone)	Distance covered in meters	<160	160-174	175-190	>190
5	*endurance 3*	6 min walk (50 ft cone)	Distance covered in meters	525	525-599	600-650	>650
6	*flexibility- Upper*	Back Scratch	Distance between (-) or overlap (+) of the middle fingers	< -7	-3.6 to -7	0 - 3.5	>0
6	*Flexibility- Lower*	Chair Sit n Reach	Distance/overlap- finger tip to shoe tip	< -1	-1 -2.4	2.5- 4	>4
7	*force-upper*	Arm Curls	Repetitions in 30 sec	<15	15-19	20-23	>23
7	*Force- Lower*	Chair Stands	Repetitions in 30 sec	<12	12-16	17-20	>20
	Bone Density	T-Score	Percentile in the population (T#)	< -2.5	-1.0 - (-)2.5	0.9 to (-)1.0	1
	Prior Fracture		YES or NO to fracture after 50	Yes	No	No	No