

### Appendix 4: Scoring Sheet (Female)

Similar to the previous table, the performances are intended for 60-80 year old’s. The age is not particularly relevant because it is intended for programming purposes. All tests should be delivered similarly for women and men alike. Exercises or tests should be modified so performance of it can be completed. You should make notations on any modifications made and you cannot compare that to a normative test value. For example, if a person needs a walker to perform the 2-minute march, then it should be noted, and progressed from there.

*Table 9: Scoring system for classifying your female client.*

	Women						
	<b>function tested</b>	<b>TEST NAME</b>	<b>MEASUREMENT IN TEST</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
1	<b>agility</b>	8’ up and go	Time to complete	> 6.5	6.5	5.5	< 4.5
2	<b>Balance-static</b>	4 stage balance test	10” hold position, eyes open and closed- <i>stand, instep, tandem, 1 leg</i>	Stands - EO	Instep-EO	1 leg-EO	Instep-EC
2	<b>Balance-dynamic</b>	Tandem Walk, Head up, Eyes closed	10 steps without losing balance-tandem, tand-bwrds, tand-look up, EO eyes open, EC- eyes closed	N/A	N/A	Tandem	Bkwrds
3	<b>Coordination</b>	Alternate Ball Toss	5 ft distance, # of catches in 30”	<5	5-10	11-20	>20
4	<b>Dexterity/Deftness</b>	Soda can turnover	Time to complete	>35	25	15	<15
5	<b>Endurance 1</b>	2 min march	Steps completed on one leg	70	70	90	>110
5	<b>endurance 2</b>	2 min walk (50 ft cone)	Distance covered in meters	<145	145	160	>170
5	<b>endurance 3</b>	6 min walk (50 ft cone)	Distance covered in meters	470	470	540	>600
6	<b>flexibility-Upper</b>	Back Scratch	Distance between (-) or overlap (+) of the middle fingers	-3	-3	0	>+1.5
6	<b>Flexibility-Lower</b>	Chair Sit n Reach	Distance/overlap- finger tip to shoe tip	0	0	3	>5
7	<b>force-upper</b>	Arm Curls	Repetitions in 30 sec	12	12	17	>20
7	<b>Force- Lower</b>	Chair Stands	Repetitions in 30 sec	11	11	15	>18
	<b>Bone Density</b>	T-Score	Percentile in the population (T#)	< -2.5	-1.0- -2.5	0.9- -1.0	1
	<b>Prior Fracture</b>		YES or NO to fracture after 50	Yes	No	No	No