Senior Fitness Test Manual

By C. Jessie Jones

Human Kinetics Publishers. Paperback. Book Condition: New. Paperback. 200 pages. Dimensions: 10.9in. x 8.4in. x 0.6in.Senior Fitness Test Manual, Second Edition, offers the most comprehensive and reliable test battery for assessing physical fitness in adults ages 60 and older. The tests in this resource assist health practitioners and fitness and rehabilitation specialists in identifying weaknesses that cause mobility problems, developing exercise programs that improve functional fitness, preventing future mobility issues, and evaluating progress. The Senior Fitness Test (SFT) is a simple, economical method of assessing the physical attributes that older adults need in order to perform daily activities. It consists of seven testscovering lower- and upper-body strength, aerobic endurance, lower- and upper-body flexibility, agility, and balancethat can be conducted with minimal space, equipment, and technical requirements, making it easy to administer in most clinical and community settings or in the home environment. The manual presents clear instructions on preparing and administering the tests and interpreting and using the test results. Readers will find guidelines on creating senior fitness programs as well as exercises to recommend for improving functional fitness scores. The second edition of the Senior Fitness Test Manual offers new tools to help facilitate the Senior Fitness Test. It...

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