



# Senior Fitness Test Manual

*Roberta Rikli, C. Jessie Jones*

[Download now](#)

[Read Online](#) 

Although physical fitness has traditionally been associated with the young through the middle-aged, it is most critical for those in their senior years. Older adults require adequate strength, flexibility, and endurance to accomplish even ordinary, everyday tasks.

Up until now, most physical fitness tests have been geared to younger audiences. The Senior Fitness Test is an answer to the need for a simple, easy-to-use battery of test items that assess the functional fitness of older adults. The test is safe and enjoyable for older adults, it meets scientific standards for reliability and validity, and it has accompanying performance norms based on actual performance scores of over 7,000 men and women between the ages of 60 and 94.

The *Senior Fitness Test Manual* provides the theoretical base for the test. It also includes the developmental procedures and provides complete information on administering and scoring the test and providing feedback to test participants about their results. It also includes instructions on organizing and testing groups of older adults.

The appendix has reproducible sample forms, charts, tables, and posters for instructors to use in their programs.

**Chapter 1** introduces the test and explains why fitness is important for older adults.

**Chapter 2** establishes the conceptual background for the test, describes how it relates to traditional theories and models describing physical decline in later years, and presents a brief overview of the test items.

**Chapter 3** contains the scientific documentation for the test's validity, reliability, and performance standards.

**Chapter 4** includes a list of procedures and issues that need to be addressed prior to testing, along with sample instruction sheets, forms, and equipment lists to use in planning for the test. Also included are proper warm-up and pretest instructions that should be given to the participants prior to testing and descriptions of the official testing and scoring protocols.

**Chapter 5** explains how to interpret test results and how to use the information to motivate participants to increase their activity levels and improve their performances.

The Senior Fitness Test helps professionals not only motivate older adults, but also assess the major physiological components of functional capacity so that emerging weaknesses can be detected and treated before causing serious functional limitations.

**From reader reviews:**

**Karen Bell:**

As people who live in typically the modest era should be upgrade about what going on or data even knowledge to make these keep up with the era that is always change and advance. Some of you maybe will certainly update themselves by examining books. It is a good choice in your case but the problems coming to you is you don't know what type you should start with. This Senior Fitness Test Manual is our recommendation so you keep up with the world. Why, because book serves what you want and wish in this era.

**Earline Shepler:**

Now a day individuals who Living in the era where everything reachable by connect to the internet and the resources in it can be true or not call for people to be aware of each facts they get. How a lot more to be smart in receiving any information nowadays? Of course the reply is reading a book. Reading through a book can help people out of this uncertainty Information specifically this Senior Fitness Test Manual book because book offers you rich info and knowledge. Of course the data in this book hundred per-cent guarantees there is no doubt in it you probably know this.

**Agatha Draper:**

Nowadays reading books be a little more than want or need but also get a life style. This reading practice give you lot of advantages. The advantages you got of course the knowledge the particular information inside the book that improve your knowledge and information. The information you get based on what kind of guide you read, if you want drive more knowledge just go with education and learning books but if you want truly feel happy read one with theme for entertaining like comic or novel. The actual Senior Fitness Test Manual is kind of e-book which is giving the reader unforeseen experience.

**Joan Munoz:**

As we know that book is essential thing to add our knowledge for everything. By a e-book we can know everything we really wish for. A book is a range of written, printed, illustrated or blank sheet. Every year was exactly added. This guide Senior Fitness Test Manual was filled concerning science. Spend your spare time to add your knowledge about your scientific disciplines competence. Some people has various feel when they reading any book. If you know how big selling point of a book, you can sense enjoy to read a reserve. In the modern era like currently, many ways to get book that you wanted.

**Download and Read Online Senior Fitness Test Manual Roberta Rikli, C. Jessie Jones #FNMZSJED7P1**

## **Read Senior Fitness Test Manual by Roberta Rikli, C. Jessie Jones for online ebook**

Senior Fitness Test Manual by Roberta Rikli, C. Jessie Jones Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Senior Fitness Test Manual by Roberta Rikli, C. Jessie Jones books to read online.

### **Online Senior Fitness Test Manual by Roberta Rikli, C. Jessie Jones ebook PDF download**

**Senior Fitness Test Manual by Roberta Rikli, C. Jessie Jones Doc**

**Senior Fitness Test Manual by Roberta Rikli, C. Jessie Jones Mobipocket**

**Senior Fitness Test Manual by Roberta Rikli, C. Jessie Jones EPub**

**Senior Fitness Test Manual by Roberta Rikli, C. Jessie Jones Ebook online**

**Senior Fitness Test Manual by Roberta Rikli, C. Jessie Jones Ebook PDF**