



Senior Fitness Test Software 2.0 and Manual Package Subscription

Roberta Rikli, C. Jessie Jones

[Download now](#)

[Click here](#) if your download doesn't start automatically

The *Senior Fitness Test Software 2.0 and Manual Package Subscription* offers a comprehensive method of assessing the physical attributes that older adults need in order to perform daily activities. Consisting of the Senior Fitness Test Manual, Second Edition (with bound-in DVD), and a one-year subscription to the *Senior Fitness Test Software 2.0* (accessible from internet-enabled devices, including smart phones and tablets), this kit helps health practitioners and fitness and rehabilitation specialists identify weaknesses that cause mobility problems, develop exercise programs to improve functional fitness, prevent future mobility issues, and evaluate progress.

The *Senior Fitness Test Manual, Second Edition*, provides thorough coverage of the seven tests that make up the Senior Fitness Test (SFT)—lower- and upper-body strength, aerobic endurance, lower- and upper-body flexibility, agility, and balance. Each test 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 contains instructions on preparing and administering the tests and interpreting and using 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 includes expanded information on ways to modify test protocols for older adults with limiting conditions such as osteoporosis, obesity, Alzheimer's disease, diabetes, stroke, fibromyalgia, heart conditions, multiple sclerosis, hip and knee replacements, chronic renal failure, chronic obstructive pulmonary disease, osteoarthritis, and blindness or low vision. Ready-to-use materials such as reproducible forms, large-print instructions—complete with photos—to post at testing stations, and large versions of performance charts make the testing process more effective. An expanded chapter on improving test scores includes illustrated instructions for exercises that can be prescribed to seniors to help them improve their fitness.

The manual retains national normative data based on age and sex for more than 7,000 adults ages 60 to 94, but it now also includes criterion-referenced, clinically relevant fitness standards. Based on the authors' continued groundbreaking research on aging and functional fitness, these new criterion-referenced standards allow practitioners and older adults to identify the test scores at a specific age that are correlated with maintaining functional mobility into the 90s, providing a new and deeper understanding of the test scores. This allows practitioners and their clients to focus on maintaining or improving functional fitness with customized goals meant to preserve and improve individual abilities.

The second edition of the *Senior Fitness Test Manual* is packaged with a DVD that contains visual demonstrations of the tests, including setup, execution, evaluation, and modifications to testing protocols to accommodate clients' limitations. Throughout the text, DVD icons indicate when to view the DVD for live demonstrations.

Once the Senior Fitness Test is conducted, the test results for all participants can be entered into the *Senior Fitness Test Software 2.0*. This web application can be used in analyzing test scores, creating individual or aggregated reports, and generating program outcome statistics. Participants can be grouped according to specifications such as age and sex or characteristics such as smoker and nonsmoker.

Download and Read Free Online Senior Fitness Test Software 2.0 and Manual Package Subscription **Roberta Rikli, C. Jessie Jones**

From reader reviews:

Brian Ramos:

Here thing why this specific Senior Fitness Test Software 2.0 and Manual Package Subscription are different and trusted to be yours. First of all looking at a book is good but it depends in the content than it which is the content is as delightful as food or not. Senior Fitness Test Software 2.0 and Manual Package Subscription giving you information deeper and in different ways, you can find any reserve out there but there is no guide that similar with Senior Fitness Test Software 2.0 and Manual Package Subscription. It gives you thrill reading journey, its open up your own personal eyes about the thing that will happened in the world which is might be can be happened around you. It is easy to bring everywhere like in area, café, or even in your means home by train. In case you are having difficulties in bringing the paper book maybe the form of Senior Fitness Test Software 2.0 and Manual Package Subscription in e-book can be your choice.

Eric Fincher:

Reading can called head hangout, why? Because while you are reading a book specifically book entitled Senior Fitness Test Software 2.0 and Manual Package Subscription your mind will drift away trough every dimension, wandering in every single aspect that maybe mysterious for but surely can be your mind friends. Imaging each and every word written in a reserve then become one type conclusion and explanation that maybe you never get just before. The Senior Fitness Test Software 2.0 and Manual Package Subscription giving you an additional experience more than blown away your head but also giving you useful facts for your better life in this era. So now let us demonstrate the relaxing pattern at this point is your body and mind will likely be pleased when you are finished studying it, like winning a sport. Do you want to try this extraordinary paying spare time activity?

Warren Ford:

Do you have something that you like such as book? The e-book lovers usually prefer to choose book like comic, small story and the biggest you are novel. Now, why not attempting Senior Fitness Test Software 2.0 and Manual Package Subscription that give your pleasure preference will be satisfied simply by reading this book. Reading practice all over the world can be said as the opportunity for people to know world a great deal better then how they react when it comes to the world. It can't be explained constantly that reading addiction only for the geeky particular person but for all of you who wants to always be success person. So , for all of you who want to start studying as your good habit, it is possible to pick Senior Fitness Test Software 2.0 and Manual Package Subscription become your personal starter.

Donna Nichols:

Would you one of the book lovers? If so, do you ever feeling doubt while you are in the book store? Try to pick one book that you never know the inside because don't judge book by its cover may doesn't work this is difficult job because you are scared that the inside maybe not while fantastic as in the outside search likes.

Maybe you answer is usually Senior Fitness Test Software 2.0 and Manual Package Subscription why because the amazing cover that make you consider regarding the content will not disappoint an individual. The inside or content is usually fantastic as the outside or maybe cover. Your reading sixth sense will directly show you to pick up this book.

Download and Read Online Senior Fitness Test Software 2.0 and Manual Package Subscription Roberta Rikli, C. Jessie Jones #XTR18QC2HES

Read Senior Fitness Test Software 2.0 and Manual Package Subscription by Roberta Rikli, C. Jessie Jones for online ebook

Senior Fitness Test Software 2.0 and Manual Package Subscription 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 Software 2.0 and Manual Package Subscription by Roberta Rikli, C. Jessie Jones books to read online.

Online Senior Fitness Test Software 2.0 and Manual Package Subscription by Roberta Rikli, C. Jessie Jones ebook PDF download

Senior Fitness Test Software 2.0 and Manual Package Subscription by Roberta Rikli, C. Jessie Jones Doc

Senior Fitness Test Software 2.0 and Manual Package Subscription by Roberta Rikli, C. Jessie Jones Mobipocket

Senior Fitness Test Software 2.0 and Manual Package Subscription by Roberta Rikli, C. Jessie Jones EPub