**Hello! I am the \_\_\_\_Functional fitness assessment for adults over 60\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**



What is the purpose of the assessment?

* To determine the functional capability of older adults in six areas of function relative to establish age and sex-related norms.

What does it measure?

* Six areas of function: Body composition, Body weight, Standing height measurement, Flexibility, Agility/dynamic balance, Coordination, Strength, and Endurance.

What is the intended population?

* Seniors with limited disabilities

How long will it take to administer and score?

* About 20 minutes

Other important features or special considerations:

* Important to evaluate one’s ability to complete ADL’s.
* Proposed to offer physical fitness to elderly populations.
* Each area of function requires its own set of supplies
* Relates to the level of fitness of each individual
* Developed to run by paraprofessionals
* Subscales are specifically designed to measure outcomes, but they can be changed by both age and gender.