

# Measuring Participant Progress

Name: \_\_\_\_\_

## Evaluation I

Date \_\_\_\_\_

### 1. Balance

(a) \_\_\_\_\_ seconds (standing on right leg)

(b) \_\_\_\_\_ seconds (standing on left leg)

Rate of perceived exertion (RPE) \_\_\_\_\_

### 2. Timed Up and Go Test

(TUG, see instructions below)

\_\_\_\_\_ seconds

Rate of perceived exertion (RPE) \_\_\_\_\_

### 3. Five Times Sit to Stand

\_\_\_\_\_ seconds

Rate of perceived exertion (RPE) \_\_\_\_\_

## Evaluation II

Date \_\_\_\_\_

### 1. Balance

(a) \_\_\_\_\_ seconds (right leg)

(b) \_\_\_\_\_ seconds (left leg)

(RPE) \_\_\_\_\_

### 2. Timed Up and Go Test

\_\_\_\_\_ seconds

(RPE) \_\_\_\_\_

### 3. Five Times Sit to Stand

\_\_\_\_\_ seconds

(RPE) \_\_\_\_\_

Timed Up and Go: The instructor has set up a course that runs 3 metres from the front legs of a straight-backed chair that has a seat height of about 46 cm. When it is your turn, you will be instructed to:

“Please sit with your back against the chair and your arms on the arm rests. On the word “go”, please stand upright, then walk at your normal pace to the line on the floor, turn around, return to the chair, and sit down.” The instructor will time you with a stopwatch from the word “go” until you return to the starting position.

### Five Times Sit to Stand:

Instruct participants as follows. Participants place their arms across their chest. “I want you to stand up and sit down 5 times as quickly as you can when I say ‘Go’.” Timing begins when the examiner says ‘Go’ and stops when the participant’s buttocks touch the chair on the fifth repetition. Participants should be instructed to stand up fully between repetitions; not to touch the back of the chair during each repetition; and they are allowed to place their feet comfortably under them during testing. Participants should cross their arms across their chest, if possible. If they are unable to perform the activity without using their arms then they should be allowed to use their arms but this should be noted on the form above (write “used hands/arms”).