



Hanna Dee

Date: 01/15/2021
 Birthdate: 05/16/1949
 Sex: FEMALE
 Evaluator: Sample Clinician, DPT



MEASUREMENTS	
Height:	5' 8" (173 cm)
Weight:	128 lbs (58.06 kg)
Heart Rate:	68 bpm
Blood Pressure:	130/70 mm Hg
Pulse Oximeter:	98% SpO ₂

	Your Score	Normal Range	Health Grade	FITNESS RANGE		
				Below Average	Average	Above Average
BODY COMPOSITION						
Total Body Fat Percent (%)	33.2	≤ 30	D-			
Visceral Adipose Tissue (in ³)	29.2	≤ 61	A-			
CARDIO-RESPIRATORY						
Six Minute Walk: VO ₂ MAX (ml/kg/min)	25.58	≥ 18.4	A-			
Six Minute Walk: Endurance (ft)	1555	≥ 1566	D+			
FLEXIBILITY						
Upper: Back Scratch (in)	-4	≥ -2.71	D			
Chair: Sit & Reach (in)	5	≥ 0.5	A-			
MUSCLE STRENGTH						
Strength / Endurance	Right Arm Curl (# reps)	15	≥ 13.4	C+		
	Left Arm Curl (# reps)	13	≥ 13.4	D+		
	Lower: Sit to Stand - 30 seconds (# reps)	12	≥ 12	C-		
	Lower: Right Heel Rise (# reps)	19	≥ 17	B		
	Lower: Left Heel Rise (# reps)	14	≥ 15	D+		
BALANCE & COORDINATION						
Dynamic Balance	Stability: Functional Reach (in)	7.3	≥ 9.6	D-		
	Mobility: Timed Get Up & Go (sec)	10	≤ 12	B		
SPEED & AGILITY						
	4 Square Step (sec)	8	≤ 11.7	A		

VITAL SIGNS

Heart Rate

Resting Pulse

68 bpm

Normal Range: 61 - 78

CLASSIFICATION: Very Good

RISK FACTORS: Low

Blood Pressure (BP)

Resting Systolic BP

130 mm Hg

Normal Range: 90 - 119

CLASSIFICATION: Hypertension Stage 1

RISK FACTORS: Low

Blood Pressure (BP)

Resting Diastolic BP

70 mm Hg

Normal Range: 60 - 79

CLASSIFICATION: Normal

RISK FACTORS: Low

Blood Oxygen Saturation (SpO₂)

Resting Pulse Oximetry

98 SpO₂

Normal Range: 95 - 96.9

CLASSIFICATION: Very Good

RISK FACTORS: None

BODY COMPOSITION

Body Fat Percentage (BF%)

33 %

YOUR SCORE

NORMAL RANGE: 22.6-30

Visceral Adipose Tissue (VAT)

29 in³

YOUR SCORE

NORMAL RANGE: 0-61

Waist Circumference (WC)

30 in

YOUR SCORE

NORMAL RANGE: 26-31

Body Roundness Index (BRI)

2.258

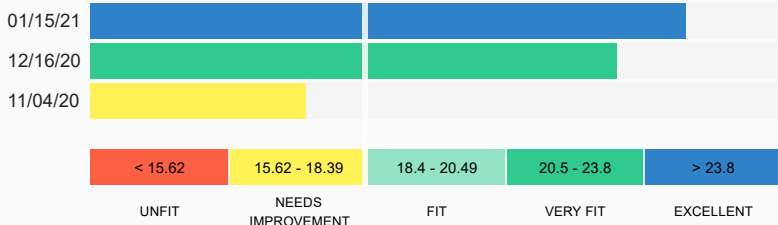
YOUR SCORE

NORMAL RANGE: 1.19-3.998

Six Minute Walk: VO₂ Max

CARDIO-RESPIRATORY

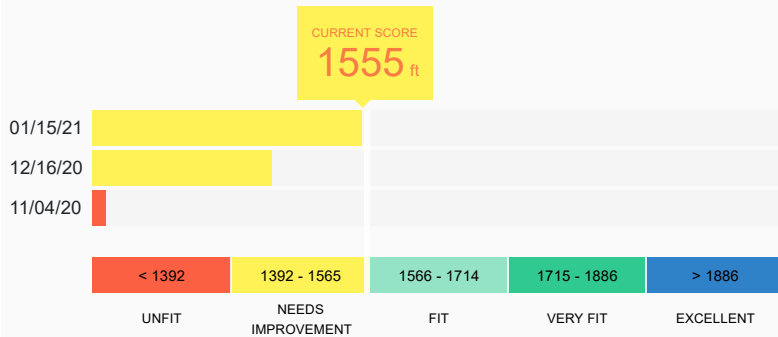
CURRENT SCORE
25.58 ml/kg/min



FITNESS CLASSIFICATION

YOUR POPULATION: **Well Above Average (Excellent)**
POPULATION (20'S): **Well Below Average (Unfit)**

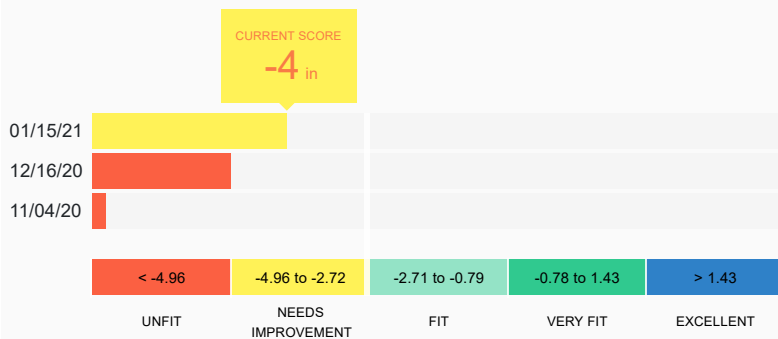
HEALTH GRADE: **A-**
PROGRESS: **45.92%**



FITNESS CLASSIFICATION

YOUR POPULATION: **Below Average (Needs Improvement)**
 POPULATION (20'S): **Well Below Average (Unfit)**

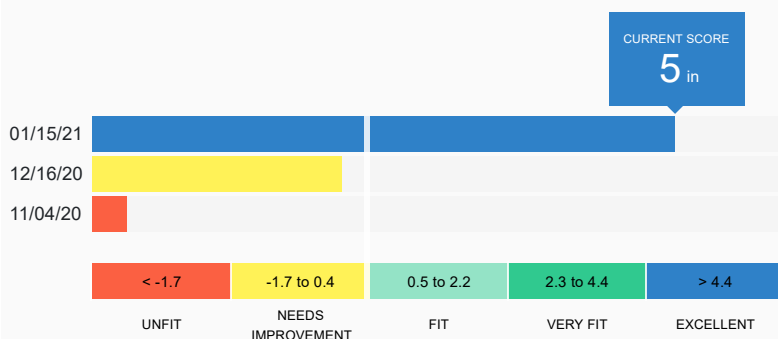
HEALTH GRADE: **D+**
 PROGRESS: **418.33%**



FITNESS CLASSIFICATION

YOUR POPULATION: **Below Average (Needs Improvement)**
 POPULATION (20'S): **Well Below Average (Unfit)**

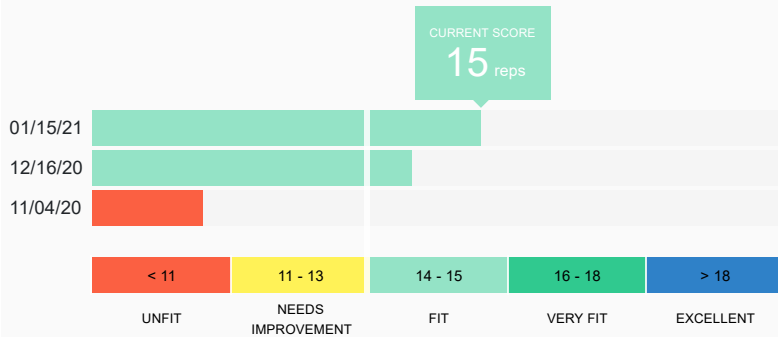
HEALTH GRADE: **D**
 PROGRESS: **60%**



FITNESS CLASSIFICATION

YOUR POPULATION: **Well Above Average (Excellent)**
 POPULATION (20'S): **Above Average (Very Fit)**

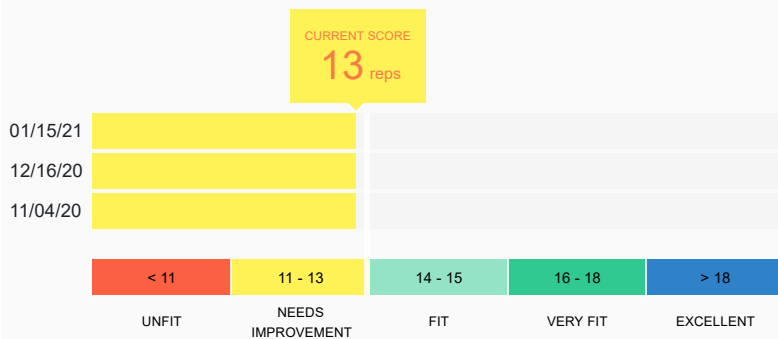
HEALTH GRADE: **A-**
 PROGRESS: **200%**



FITNESS CLASSIFICATION

YOUR POPULATION: **Average (Fit)**
 POPULATION (20'S): **Average (Fit)**

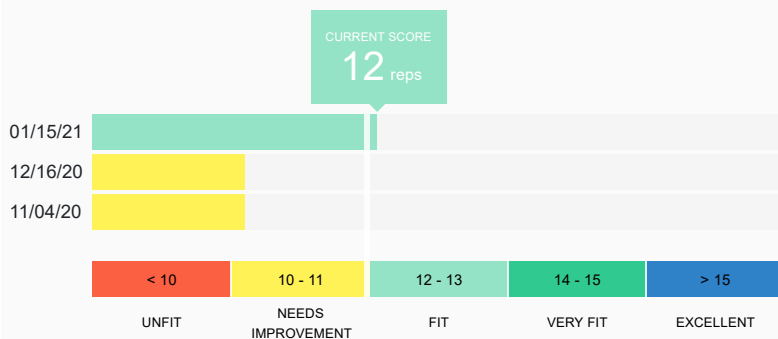
HEALTH GRADE: **C+**
 PROGRESS: **50%**



FITNESS CLASSIFICATION

YOUR POPULATION: **Below Average (Needs Improvement)**
 POPULATION (20'S): **Average (Fit)**

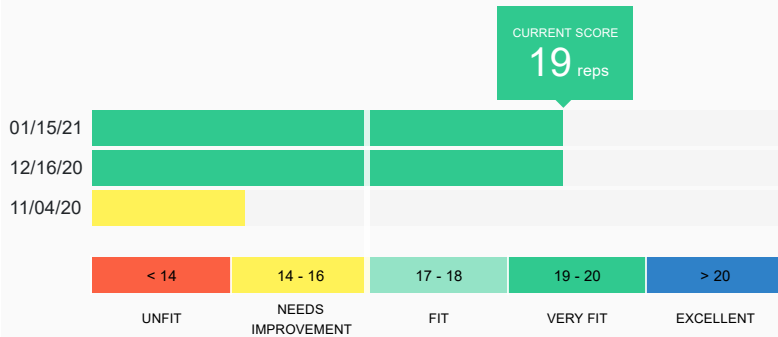
HEALTH GRADE: **D+**
 PROGRESS: **0%**



FITNESS CLASSIFICATION

YOUR POPULATION: **Average (Fit)**
 POPULATION (20'S): **Well Below Average (Unfit)**

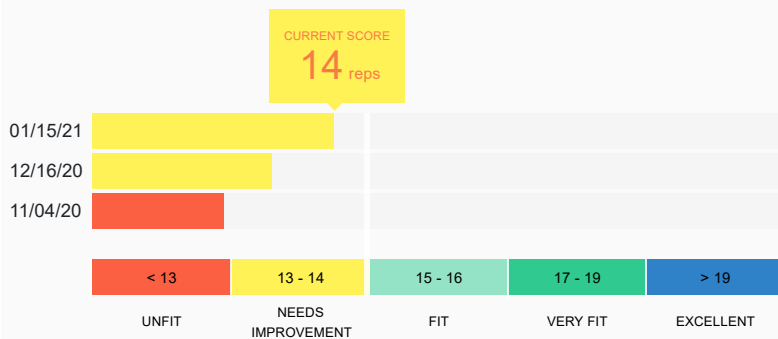
HEALTH GRADE: **C-**
 PROGRESS: **20%**



FITNESS CLASSIFICATION

YOUR POPULATION: **Above Average (Very Fit)**
 POPULATION (20'S): **Well Below Average (Unfit)**

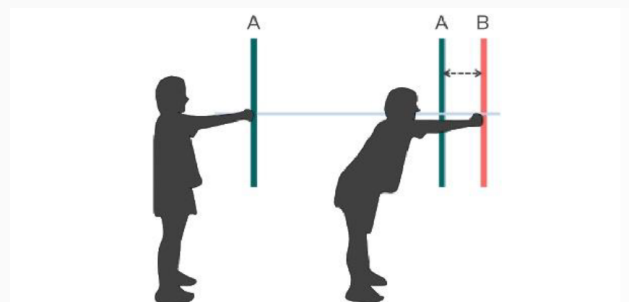
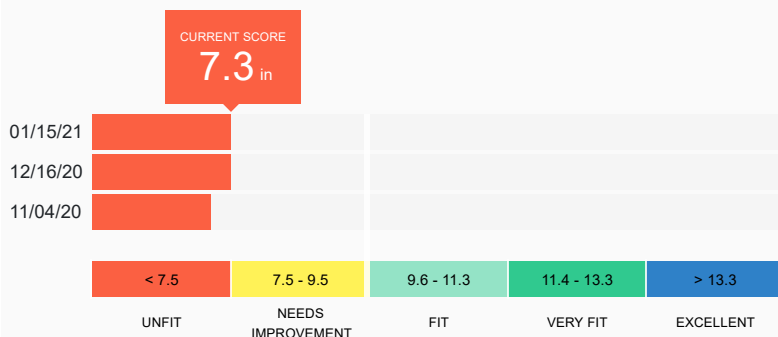
HEALTH GRADE: **B**
 PROGRESS: **35.71%**



FITNESS CLASSIFICATION

YOUR POPULATION: **Below Average (Needs Improvement)**
 POPULATION (20'S): **Well Below Average (Unfit)**

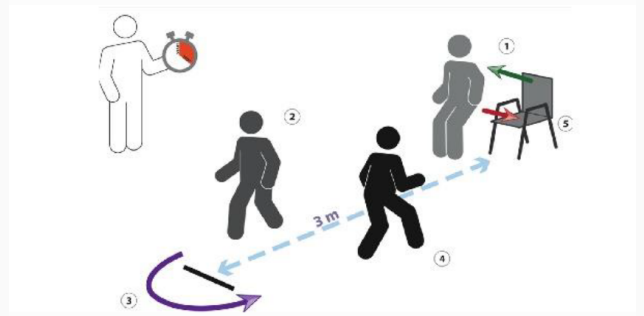
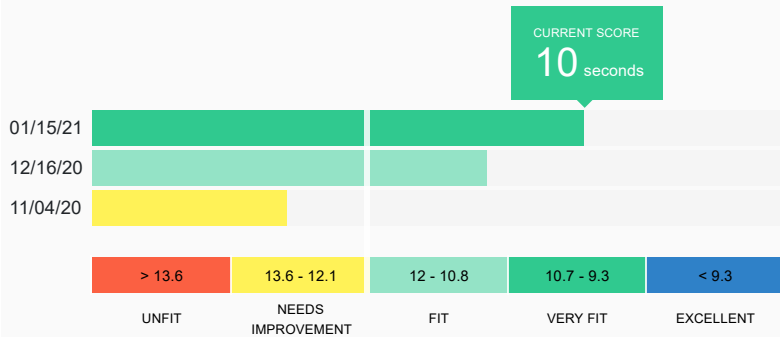
HEALTH GRADE: **D+**
 PROGRESS: **16.67%**



FITNESS CLASSIFICATION

YOUR POPULATION: **Well Below Average (Unfit)**
 POPULATION (20'S): **Well Below Average (Unfit)**

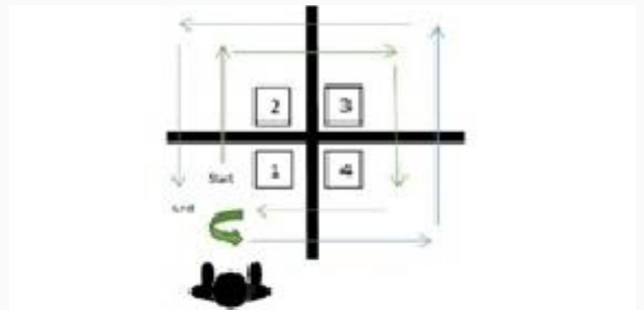
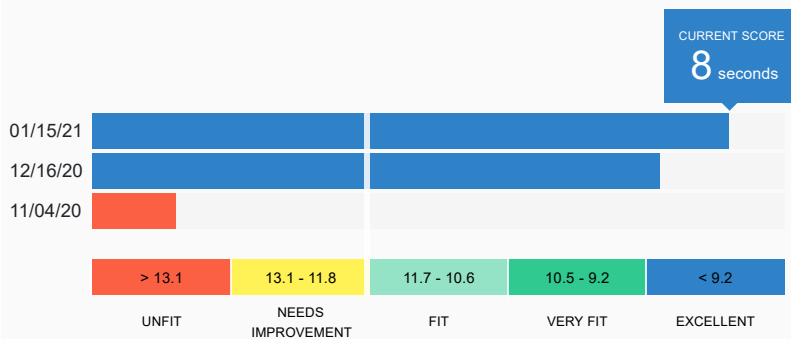
HEALTH GRADE: **D-**
 PROGRESS: **4.76%**



FITNESS CLASSIFICATION

YOUR POPULATION: **Above Average (Very Fit)**
 POPULATION (20'S): **Well Below Average (Unfit)**

HEALTH GRADE: **B**
 PROGRESS: **23.08%**



FITNESS CLASSIFICATION

YOUR POPULATION: **Well Above Average (Excellent)**
 POPULATION (20'S): **Well Below Average (Unfit)**

HEALTH GRADE: **A**
 PROGRESS: **42.86%**

FLEXIBILITY**Sit and Reach YMCA**

1. YMCA of the USA, Golding LA. YMCA Fitness Testing and Assessment Manual. 4th ed. Champaign (IL): Human Kinetic; 2000.
2. American College of Sports Medicine. ACSM's Health-Related Physical Assessment Manual, 4th edition. Wolters Kluwer/Lippincott Williams & Wilkins, Baltimore 2014.
3. American College of Sports Medicine. ACSM's Health-Related Physical Assessment Manual, 5th edition. Wolters Kluwer, Baltimore 2018.

Canadian Sit-and-Reach Box

1. Canadian Society for Exercise Physiology. The Canadian Physical Activity, Fitness & Lifestyle Approach (CPAFLA): CSEP-Health & Fitness Program's Health Related Appraisal and Counselling Strategy. 3rd edition. Ottawa (Ontario): Canadian Society for Exercise Physiology; 2003.
2. American College of Sports Medicine. ACSM's Health-Related Physical Assessment Manual, 4th edition. Wolters Kluwer/Lippincott Williams & Wilkins, Baltimore 2014.

Chair Sit and Reach

1. Rikli RE, Jones CJ. Functional fitness normative scores for community residing older adults, ages 60–94. *J Aging Phys Act.* 1999;7:162–81.

Back Scratch

1. Rikli RE, Jones CJ. Functional fitness normative scores for community residing older adults, ages 60–94. *J Aging Phys Act.* 1999;7:162–81.
2. Kjær et al. Normative values for musculoskeletal and neuromotor fitness in apparently healthy Norwegian adults and the association with obesity: a cross-sectional study. *BMC Sports Science, Medicine and Rehabilitation.* 2016;8:37.

Cooper Sit and Reach

1. Physical Fitness Assessments and Norms for Adults and Law Enforcement. First Responder Fitness Specialist. Normative Data. The Cooper Institute, Dallas, Texas. 2013.

POSTURE**Reedco Posture Scale**

1. Lewis CB. The relationship between posture and psychological variables in students age 18 to 25. Oregon Free Press, 1983.

STRENGTH**Push Up Test (Canadian)**

1. Canadian Society for Exercise Physiology. The Canadian Physical Activity, Fitness & Lifestyle Approach (CPAFLA): CSEP-Health & Fitness Program's Health Related Appraisal and Counselling Strategy. 3rd edition. Ottawa (Ontario): Canadian Society for Exercise Physiology; 2003.
2. American College of Sports Medicine. ACSM's Health-Related Physical Assessment Manual, 4th edition. Wolters Kluwer/Lippincott Williams & Wilkins, Baltimore 2014.

Push Up Test (Cooper)

1. Physical Fitness Assessments and Norms for Adults and Law Enforcement. Normative Data. The Cooper Institute, Dallas, Texas. 2013.

Arm Curl Test

1. Rikli RE, Jones CJ. Functional fitness normative scores for community residing older adults, ages 60–94. *J Aging Phys Act.* 1999;7:162–81.

1 Minute Sit to Stand Test

1. Strassmann et al. Population-based reference values for the 1-min sit-to-stand test. *Int J Public Health.* 2013. DOI: 10.1007/s00038-013-0504-z • Source: PubMed

30 Second Sit to Stand Test

1. Rikli RE, Jones CJ. Functional fitness normative scores for community residing older adults, ages 60–94. *J Aging Phys Act.* 1999;7:162–81.

Calf Raise Test (Single Leg)

1. K. Hébert-Losier et al. Updated reliability and normative values for the standing heel-rise test in healthy adults. *Physiotherapy.* 2017 Dec;103(4):446-452. <http://dx.doi.org/10.1016/j.physio.2017.03.002>

Partial Curl-up test (Canadian)

1. Faulkner RA, Springins EJ, McQuarrie, et al. A partial curl-up protocol for adults based on an analysis of two procedures. *Can J Sports Sci.* 1989;14:135-141.
2. American College of Sports Medicine. ACSM's Health-Related Physical Assessment Manual, 4th edition. Wolters Kluwer/Lippincott Williams & Wilkins, Baltimore 2014.
3. American College of Sports Medicine. ACSM's Health-Related Physical Assessment Manual, 5th edition. Wolters Kluwer, Baltimore 2018.

STRENGTH - Cont'd.**Partial Curl-up test (Canadian) - Cont'd.**

4. American College of Sports Medicine. ACSM's Guidelines for Exercise Testing and Prescription, 6th ed. Philadelphia: Lippincott, Williams & Wilkins. 2000.

Partial Curl-up Test (YMCA)

1. YMCA of the USA, Golding LA. YMCA Fitness Testing and Assessment Manual. 4th ed. Champaign (IL): Human Kinetic; 2000.

SIT UP TEST (Cooper)

1. Physical Fitness Assessments and Norms for Adults and Law Enforcement. Normative Data. The Cooper Institute, Dallas, Texas. 2013.

Plank Test

1. R.W. Bohannon et al. The prone bridge test: Performance, validity, and reliability among older and younger adults. *Journal of Bodywork & Movement Therapies.* 2018;(22):385-389.
2. Peterson, DD. Proposed Performance Standards for the Plank for Inclusion Consideration Into the Navy's Physical Readiness Test. *Strength and Conditioning Journal.* 2013;13(5):22-26.

Vertical Jump Test

1. Physical Fitness Assessments and Norms for Adults and Law Enforcement. Normative Data. The Cooper Institute, Dallas, Texas. 2013.
2. Payne N, Gledhill N, Katzmarzyk PT, Jamnik VK, Keir PJ. Canadian musculoskeletal fitness norms. *Can J Appl Physiol.* 2000 Dec;25(6):430-42.

Grip Strength Test

1. Wang YC, Bohannon RW, Li X, Sindhu B, Kapellusch J. Hand-Grip Strength: Normative Reference Values and Equations for Individuals 18 to 85 Years of Age Residing in the United States. *J Orthop Sports Phys Ther.* 2018 Sep;48(9):685-693.

SPEED AND AGILITY**Hexagon Agility (Young Adults)**

1. Pauole, K., K. Madole, J. Garhammer, M. Lacourse, and R. Rozenek. Reliability and validity of the T-test as a measure of agility, leg power, and leg speed in college-aged men and women. *J. Strength Cond. Res.* 2000;14(4):443–450.
2. Beekhuizen KS, et al. Test-Retest reliability and minimal detectable change of the Hexagon Agility Test. *Journal of Strength and Conditioning Research.* 2009;23(7):2167–2171.
3. Al-Syurgawi D. The effects of a 6-week plyometric training on agility performance in silat olahraga. *Movement, Health & Exercise.* 2018;7(1):189-200.

Hexagon Agility (Young Females)

1. Ortiz A, et al. Reliability of selected physical performance tests in young women. *Journal of Strength and Conditioning Research.* 2005;19(1):39–44.
2. Beekhuizen KS, et al. Test-Retest reliability and minimal detectable change of the Hexagon Agility Test. *Journal of Strength and Conditioning Research.* 2009;23(7):2167–2171.
3. Al-Syurgawi D. The effects of a 6-week plyometric training on agility performance in silat olahraga. *Movement, Health & Exercise.* 2018;7(1):189-200.

Hexagon Agility (Middle Age/Older)

1. Meagan Fishbeck, et al. The Effects of Plyometric and Agility Training on Balance and Functional Measures in Middle Aged and Older Adults. *Journal of Fitness Research.* 2013;2(1):30-40.
2. Beekhuizen KS, et al. Test-Retest reliability and minimal detectable change of the Hexagon Agility Test. *Journal of Strength and Conditioning Research.* 2009;23(7):2167–2171.
3. Al-Syurgawi D. The effects of a 6-week plyometric training on agility performance in silat olahraga. *Movement, Health & Exercise.* 2018;7(1):189-200.

Figure-of-Eight Run

1. Suni JH, Rinne MB, Ruiz JR. Retest Repeatability of Motor and Musculoskeletal Fitness Tests for Public Health Monitoring of Adult Populations. *J Nov Physiother* 2014;4:194. doi:10.4172/2165-7025.1000194
2. Suni JH, Oja P, Laukkanen RT, Miilunpalo SI, Pasanen ME, et al. Health-related fitness test battery for adults: aspects of reliability. *Arch Phys Med Rehabil.* 1996;77:399-405.
3. Meusel, D, et al. Assessing levels of physical activity in the European population - the ALPHA project. Madrid, Spain, Selección. 2007;16(1):9-12.
4. Rinne MB, Pasanen ME, Miilunpalo SI, Oja P. Test-retest reproducibility and inter-rater reliability of a motor skill test battery for adults. *Int J Sports Med.* 2001;22:192-200.

SPEED AND AGILITY - Cont'd.

Figure-of-Eight Run - Cont'd.

5. Suni JH, Miiunpalo SI, Asikainen TM, Laukkanen RT, Oja P, et al. Safety and feasibility of a health-related fitness test battery for adults. *Phys Ther* 1998;78:134-148.
6. Taulaniemi RPA, Kankaanpää MJ, Tokola KJ, Luomajoki HA, Suni JH. Reliability of Musculoskeletal Fitness Tests and Movement Control Impairment Test Battery in Female Health-Care Personnel with Re-Current Low Back Pain. *J Nov Physiother*. 2016;6:282. doi:10.4172/2165-7025.1000282
7. Taulaniemi A, et al. Bio-Psychosocial factors are associated with pain intensity, physical functioning and ability to work in female healthcare personnel with recurrent low back pain. *J Rehabil Med*. 2017;49:667-676.

Four Square Step Test

1. Brustio PR, Magistro D, Zecca M, Rabaglietti E, Liubicich ME. Age-related decrements in dual-task performance: Comparison of different mobility and cognitive tasks. A cross sectional study. *PLoS ONE* 2017;12(7): e0181698. <https://doi.org/10.1371/journal.pone.0181698>.
2. Hoffman, Renee and Bucholz, Hannah. Standard and Cognitive Four Square Step Test (FSST). 2019. *Physical Therapy Scholarly*. Projects. 679. <https://commons.und.edu/pt-grad/679>
3. F Torlak, M Moffat. PP17 Four square step test normative data for healthy young adults. *British Journal of Sports Medicine*. 2014;48(3):10.1136/bjsports-2014-094245.33
4. Wilken JM, et al. Physical Performance Assessment in Military Service Members. *Journal of the American Academy of Orthopaedic Surgeons*. 2012;20(1):S42-S47.
5. N. Lythgo, J. Hunter, A. Benson, B. Gordon. Validity of the Four Square Step Test to Assess Dynamic Balance, Step Velocity and Displacement. 6th International Conference on the Development of Biomedical Engineering in Vietnam (BME6), IFMBE Proceedings 63, https://doi.org/10.1007/978-981-10-4361-1_26
6. Dite, W. and Temple, V. A. "A clinical test of stepping and change of direction to identify multiple falling older adults." *Arch Phys Med Rehabil*. 2002;83(11):1566-1571.

300 Meter Run

1. Physical Fitness Assessments and Norms for Adults and Law Enforcement. Normative Data. The Cooper Institute, Dallas, Texas. 2013.

BODY COMPOSITION

Body Composition

1. Thomas et al. Relationships between body roundness with body fat and visceral adipose tissue emerging from a new geometrical model. *Obesity (Silver Spring)*. 2013 November; 21(11): 2264-2271.
2. Gallagher et al. Healthy percentage body fat ranges: an approach for developing guidelines based on body mass index. *Am J Clin Nutr*. 2000. 72(3):694-701.
3. Wang et al. New anthropometric indices or old ones: which perform better in estimating cardiovascular risks in Chinese adults. *BMC Cardiovascular Disorders*. 2018;18:14.
4. Maessen MFH, Eijsvogels TMH, Verheggen RJHM, Hopman MTE, Verbeek ALM, et al. Entering a New Era of Body Indices: The Feasibility of a Body Shape Index and Body Roundness Index to Identify Cardiovascular Health Status. (2014) *PLoS ONE* 9(9): e107212. doi:10.1371/journal.pone.0107212.
5. Zhao et al. Capacity of a body shape index and body roundness index to identify diabetes mellitus in Han Chinese people in Northeast China: a cross-sectional study *Diabet. Med*. (2018) 35, 1580-1587.
6. Chang Y, Guo X, Chen Y, Guo L, Li Z, Yu S et al. A body shape index and body roundness index: two new body indices to identify diabetes mellitus among rural populations in northeast China. *BMC Public Health* 2015; 15: 794.
7. Feng et al. Body Adiposity Index and Body Roundness Index in Identifying Insulin Resistance Among Adults Without Diabetes. *Am J Med Sci* 2019;357(2):116-123.

BALANCE AND COORDINATION

Timed up and Go Test

1. Brustio PR, Magistro D, Zecca M, Rabaglietti E, Liubicich ME. Age-related decrements in dual-task performance: Comparison of different mobility and cognitive tasks. A cross sectional study. *PLoS ONE* 2017;12(7): e0181698. <https://doi.org/10.1371/journal.pone.0181698>.
2. Bohannon RW. Reference values for the timed up and go test: a descriptive meta-analysis. *J Geriatr Phys Ther*. 2006;29(2):64-8.
3. Kear BM, Guck TP, McGaha AL. Timed Up and Go (TUG) Test: Normative Reference Values for Ages 20 to 59 Years and Relationships With Physical and Mental Health Risk Factors. *Journal of Primary Care & Community Health* 2017;8(1):9-13

BALANCE AND COORDINATION - Cont'd.

Timed up and Go Test - Cont'd.

4. Ibrahim A, Singh DKA, Shahar S. Timed Up and Go' test: Age, gender and cognitive impairment stratified normative values of older adults. 2017;*PLoS ONE* 12(10): e0185641. <https://doi.org/10.1371/journal.pone.0185641>
5. Steffen TM, Hacker TA, Mollinger L. Age- and gender-related test performance in community-dwelling elderly people: Six-Minute Walk Test, Berg Balance Scale, Timed Up & Go Test, and gait speeds. *Phys Ther*. 2002;82:128 -137.
6. Khant N, Dani VB, Patel P, Rathod R. Establishing the reference value for timed up-and-go test in healthy adults of Gujarat, India. *J Edu Health Promot* 2018;7:62.
7. Lebre de Almeida SI, Marques A, Santos J. Normative values of the Balance Evaluation System Test (BESTest), Mini-BESTest, Brief-BESTest, Timed Up and Go Test and Usual Gait Speed in healthy older Portuguese people. *Rev Port Med Geral Fam* 2017;33:106-116.
8. Thaweewannakij T, Wilaichit S, Chuchot R, et al. Reference values of physical performance in Thai elderly people who are functioning well and dwelling in the community. *Phys Ther*. 2013;93:1312-1320.

Functional Reach Test

1. Duncan, et al. Functional Reach: A New Clinical Measure of Balance. *Journal of Gerontology: Medical Science*. 1990;45(6):M192-197.

One Leg Stance (eyes Open)

1. Springer B, Marin R, Cyhan T, et al. Normative Values for the Unipedal Stance Test with Eyes Open and Closed. *Journal of Geriatric Physical Therapy*. 2007;30(1):8-15.
2. Kjør et al. Normative values for musculoskeletal and neuromotor fitness in apparently healthy Norwegian adults and the association with obesity: a cross-sectional study. *BMC Sports Science, Medicine and Rehabilitation*. 2016;8:37.

One Leg Stance (eyes Closed)

1. Springer B, Marin R, Cyhan T, et al. Normative Values for the Unipedal Stance Test with Eyes Open and Closed. *Journal of Geriatric Physical Therapy*. 2007;30(1):8-15.

MODIFIED Romberg Test

1. Agrawal et al. The modified Romberg balance test: normative data in US adults. *Otol Neurotol*. 2011; 32(8):1309-1311. doi:10.1097/MAO.0b013e31822e5bee.

Box & Block Test

1. Mathiowetz V, Kashman N, Volland G, et al. Adult norms for the box and block test of manual dexterity. *Am J of Occup Ther*. 1985;39(6):386-391.

Lower Ext Motor Coordination

1. Desrosiers J, Rochette A, Corriveau H. Validation of a new lower-extremity motor coordination test. *Arch Phys Med Rehabil*. 2005;86:993-8.
2. Pinheiro MB, Scianni AA, Ada L, Faria CD, Teixeira-Salmela LF. Reference Values and Psychometric Properties of the Lower Extremity Motor Coordination Test. *Arch Phys Med Rehabil*. 2014;95:1490-7.

Y Balance Test

1. JE Freund et al. Lower quarter Y-Balance Test in healthy women 50-79. *Journal of Women & Aging*. 2019;31(6):475-491.
2. DS Teyhen et al. Normative data and the influence of age and gender on power, balance, flexibility, and functional movement in healthy service members. *Military Medicine*. 2014;179(4):413-420.

PRE SCREENING

ACSM Health Screen Questionnaire

1. Riebe D, Franklin BA, Thompson PD, et al. Updating ACSM's recommendations for exercise preparticipation health screening. *Med Sci Sports Exerc*. 2015;47(11):2473-9.
2. Magal M, Deborah Riebe D. New Preparticipation Health Screening Recommendations. What Exercise Professionals Need to Know. *ACSM's Health & Fitness Journal*. 2016;20(3):22-27.

Physical Activity Readiness Questionnaire

1. Jamnik VK, et al. Enhancing the effectiveness of clearance for physical activity participation; background and overall process. *APNM*. 2011;36(S1):S3-S13.
2. Warburton DER, et al. Evidence based risk assessment and recommendations for physical activity clearance; Consensus Document. *APNM*. 2011;36(S1):S266-S298.
3. Chisholm DM, et al. Physical activity readiness. *British Medical Journal*. 1975;17:375-378.
4. Thomas S, et al. Revision of the Physical Activity Readiness Questionnaire (PAR-Q). *Canadian Journal of Sports Medicine*. 1992;17(4):338-345.