I. General Information

Title of the test: Physical Performance Test

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Time required to administer: less than 10 minutes

Cost of the Test: Free
http://cmcd.sph.umich.edu/assets/files/Repository/Women%20Take%20Pride/An%20Objective%20Measure%20of%20Physical%20Function%20of%20Elderly%20Outpatients.pdf

II. Description of Test

Type/Purpose of Test:
The purpose of this test is to assess the physical capabilities of older adult populations.

Population: Adults

Focus of measurement:

___ Organic systems   __X_ Abilities ___ Participation/life habits ___ Environmental Factors

III. Practical Administration

Ease of Administration: Very easy. This test requires very few props and can be conducted in almost any clinical setting.

Clarity of Directions: Excellent. Wording is simple to understand and follow.

Scoring Procedures: 1) Time how long it takes the participant to complete each activity on the test. Participants may be given up to 2 attempts per activity. **2)** Record the fastest time and determine the corresponding point value. **3)** Sum total of points

Examiner Qualification & Training: Be familiar with the exam.

IV. Technical Considerations

Standardization: __X__ Norms ____ Criterion Referenced ____ Other _____

Reliability:
Internal consistency: Good (Cronbach's alpha = .79)
Inter-rater reliability: Excellent (Pearson's product-moment correlation = .93)
Validity:
Construct & Concurrent validity: Excellent to good

Manual: __X__ Excellent ____ Adequate ____ Poor

What is (are) the setting/s that you would anticipate using this assessment?
This test could be used in any setting working with adults. Inpatient or outpatient clinics, Skilled Nursing facilities, transitional rehab centers.

Summary of strengths and weaknesses:

Weakness:
Interpretation is vague.
Nothing tells you what the scores mean

Strength:
Free assessment
Easy to administer
Clear directions