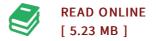




## Senior Fitness Test Manual

By C. Jessie Jones

Human Kinetics Publishers. Paperback. Book Condition: New. Paperback. 200 pages. Dimensions: 10.9in. x 8.4in. x 0.6in.Senior Fitness Test Manual, Second Edition, offers the most comprehensive and reliable test battery for assessing physical fitness in adults ages 60 and older. The tests in this resource assist health practitioners and fitness and rehabilitation specialists in identifying weaknesses that cause mobility problems, developing exercise programs that improve functional fitness, preventing future mobility issues, and evaluating progress. The Senior Fitness Test (SFT) is a simple, economical method of assessing the physical attributes that older adults need in order to perform daily activities. It consists of seven testscovering lower- and upper-body strength, aerobic endurance, lower- and upper-body flexibility, agility, and balancethat 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 presents clear instructions on preparing and administering the tests and interpreting and using the 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 ...



#### Reviews

Merely no words to spell out. It is amongst the most awesome publication i have read. Your life span will likely be transform as soon as you full reading this book.

-- Marvin Okuneva

Completely among the best publication I have got at any time go through. I have got go through and so i am confident that i will likely to read again once more down the road. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Zachery Mertz

## **Other Books**

	_	_	
	_	_	
	_	_	

## TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...

_	
-	

## TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...

_	-

### The Poems and Prose of Ernest Dowson

Book Jungle. Paperback. Book Condition: New. Paperback. 200 pages. Dimensions: 9.2in. x 7.5in. x 0.5in.The Poems and Prose of Ernest Dowson The Project Gutenberg EBook of The Poems And Prose Of Ernest Dowson by Ernest Dowson et al Copyright laws are changing...

#### Scholastic Discover More Animal Babies

Scholastic Reference. Hardcover. Book Condition: New. Hardcover. 32 pages. Dimensions: 9.1in. x 7.6in. x 0.5in.Scholastic Discover More is a revolutionary new nonfiction line pairing stunning print books with corresponding interactive digital books that extend the learning online. ANIMAL BABIES unlocks a free...

#### Wondrous Strange

Harper Teen. Paperback. Book Condition: New. Paperback. 352 pages. Dimensions: 7.9in. x 5.3in. x 0.9in.Since the dawn of time, the Faerie have taken. . . . Seventeen-year-old actress Kelley Winslow always thought faeries were just something from childhood stories. Then she meets...

_	
_	

# Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in.Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead. Academic exercises are based on Common Core...