

ASSESSMENT SCORING

Name of person

Date

The Fullerton Advanced Balance (FAB) Scale:

This scale is designed to assess the balance of very active adults.

Possible Points: 40 Points. **You scored:** _____

Comments:

Score Range: Scores range from 0 to 40, with higher scores indicating better balance.

Category Interpretation:

Poor: 0-24

Fair: 25-30

Good: 31-36

Excellent 37-40

Note: A score of 25/40 produces the highest sensitivity (74.6%) and specificity (52.6%) in predicting fall risk. In seven out of ten cases, an individual who scores 25 or lower is at a high risk for falls.

TUG Test: Timed Up and Go

Measures Functional Mobility

Three tier scoring scale: You scored _____

Comments:

Timed Up and Go (TUG): Scoring

< 10 seconds = normal.

< 20 seconds = good mobility; can walk outside alone; does not require a walking aid.

< 30 seconds = walking and balance problems; cannot walk outside alone; requires walking aid.

Note: Older adults who take longer than 13.5 seconds to complete the TUG have a high risk for falls

The 10 Meter Walk Test (10 MWT):

The test assesses walking speed over a short distance and evaluates functional mobility, and movement.

5 Scoring Categories. You scored: _____

Comments:

The 10 Meter Walk Test Scoring

Age Range	Excellent	Good	Average	Fair	Poor
20-29 (Male)	> 2.15 m/s	1.80-2.15 m/s	1.60-1.79 m/s	1.40-1.59 m/s	< 1.40 m/s
20-29 (Female)	> 2.00 m/s	1.70-2.00 m/s	1.50-1.69 m/s	1.30-1.49 m/s	< 1.30 m/s
30-39 (Male)	> 2.10 m/s	1.75-2.10 m/s	1.55-1.74 m/s	1.35-1.54 m/s	< 1.35 m/s
30-39 (Female)	> 1.95 m/s	1.65-1.95 m/s	1.45-1.64 m/s	1.25-1.44 m/s	< 1.25 m/s
40-49 (Male)	> 2.05 m/s	1.70-2.05 m/s	1.50-1.69 m/s	1.30-1.49 m/s	< 1.30 m/s
40-49 (Female)	> 1.90 m/s	1.60-1.90 m/s	1.40-1.59 m/s	1.20-1.39 m/s	< 1.20 m/s
50-59 (Male)	> 2.00 m/s	1.65-2.00 m/s	1.45-1.64 m/s	1.25-1.44 m/s	< 1.25 m/s
50-59 (Female)	> 1.85 m/s	1.55-1.85 m/s	1.35-1.54 m/s	1.15-1.34 m/s	< 1.15 m/s
60-69 (Male)	> 1.85 m/s	1.55-1.85 m/s	1.35-1.54 m/s	1.15-1.34 m/s	< 1.15 m/s
60-69 (Female)	> 1.70 m/s	1.40-1.70 m/s	1.20-1.39 m/s	1.00-1.19 m/s	< 1.00 m/s
70-79 (Male)	> 1.60 m/s	1.30-1.60 m/s	1.10-1.29 m/s	0.90-1.09 m/s	< 0.90 m/s
70-79 (Female)	> 1.45 m/s	1.20-1.45 m/s	1.00-1.19 m/s	0.80-0.99 m/s	< 0.80 m/s
80-89 (Male)	> 1.25 m/s	1.00-1.25 m/s	0.75-0.99 m/s	< 0.75 m/s	
80-89 (Female)	> 1.10 m/s	0.90-1.10 m/s	0.70-0.89 m/s	< 0.70 m/s	

The 6-Minute Walk Test (6-MWT)

The 6-Minute walk test evaluates a person's endurance capacity. Typically, a healthy individual can walk between 300 and 800 meters. PWPDP 6-Minute Walk Test vary in distances, ranging from 152.7 to 613.6 meters, with an average distance of approximately 394.1 meters.

Three tier scoring scale: You scored _____

Comments:

The 30-Second Chair Stand Test

Purpose: This test assesses leg strength and endurance.

You Scored: _____

Comments:

30- Second Chair Stand Scoring						
Age	Below Average	Men Average	Above Average	Below Average	Women Average	Above Average
60-64	< 14	14-19	> 19	<12	12-17	> 17
65-69	< 12	12-18	> 18	<11	11-16	> 16
70-74	< 12	12-17	> 17	<10	10-15	> 15
75-79	< 11	11-17	> 17	<10	10-15	> 15
80-84	<10	10-15	> 15	<09	09-14	> 14
85-89	<08	08-14	> 14	<08	08-13	> 13
90-94	<07	07-12	> 12	<04	04-11	>11

Note: A below-average score indicates a risk for falls.

The Berg Balance Scale (BBS) Assessment

This assessment evaluates static and dynamic balance in older adults and individuals with balance disorders during daily activities. It is especially helpful for those at risk of falling.

14 Scoring Categories. 56 points possible.

ITEM DESCRIPTION SCORE (0-4)

1. Sitting to standing _____
2. Standing unsupported _____
3. Sitting unsupported _____
4. Standing to sitting _____
5. Transfers _____
6. Standing with eyes closed _____
7. Standing with feet together _____
8. Reaching forward with outstretched arm _____
9. Retrieving object from floor _____
10. Turning to look behind _____
11. Turning 360 degrees _____
12. Placing alternate foot on stool _____
13. Standing with one foot in front _____
14. Standing on one foot _____

Total _____

You scored: _____

Comments:

Seated Medicine Ball Throw Test (SMBTT)

Purpose: This test measures assessment of high-velocity strength, power, and function necessary for performing activities of daily living (ADL) like pushing open heavy doors, moving furniture, carrying groceries, lifting objects, and placing boxes or household items in overhead spaces. It also looks at the upper body (arm) strength and explosive power ability. By keeping the back in contact with the wall the strength of the arms only are tested.

NOTE: Normative scores have not yet been established for the SMBTT for older adults. However, Robert Linkul, MS CSCSD NSCA-CPTD FNSCA, the founder and owner of Training The Older Adult (TOA), a personal training studio and international provider of continuing education for fitness professionals in Shingle Springs, California, has developed a scoring system for medicine ball throws that serves as a helpful guideline.

In his method, he measures a person's throw while they are seated on an 18-inch box and allows for a rocking motion while staying planted on the surface, which may result in a longer throw distance. It's important to take this into consideration when evaluating the throw distances for different age groups. Although this approach introduces some variability, it still provides measurable distances that can be used for comparison and guidance.

Robert is an internationally recognized expert in strength training for older adults. He holds a master's degree in personal training and has received several prestigious accolades: he was named the National Strength and Conditioning Association's (NSCA) 2012 Personal Trainer of the Year, inducted as a Fellow of the NSCA in 2017, and elected to the NSCA Board of Directors in 2021 in the Personal Trainer position. For more information, visit trainingtheolderadult.com.

SMBTT Scores: Attempt 1: _____ Distance feet/inches
 Attempt 2: _____ Distance feet/inches
 Attempt 3: _____ Distance feet/inches

Longest Throw: _____ feet @ _____ lbs _____ age group
 _____ feet for age _____ @ _____ lbs

Comments:

Seated Medicine Ball Throw Scoring (SMBTT)

Medicine Ball Throw Norms for Older Adults (TOA)

Age Group (yrs)	Men 8lbs	Women 6 lbs
60-64	>10	>9
65-69	>9.5	>9
70-74	>9	>8.5
75-79	>8.5	>8
80-84	>8	>8
85-89	>7.5	>7.5
90-94	>7	>6

Source: *Training of the Older Adult. Training of the Older Adult (TOA)*, www.trainingoftheolderadult.com