



## Senior Fitness Test Software 2.0 and Manual Package Subscription

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By Dr Roberta Rikli, C Jessie Jones

Human Kinetics Publishers, United States, 2012. Book. Book Condition: New. 279 x 218 mm. Language: English . Brand New Book. The Senior Fitness Test Software 2.0 and Manual Package Subscription offers a comprehensive method of assessing the physical attributes that older adults need in order to perform daily activities. Consisting of the Senior Fitness Test Manual, Second Edition (with bound-in DVD), and a one-year subscription to the Senior Fitness Test Software 2.0 (accessible from internet-enabled devices, including smart phones and tablets), this kit helps health practitioners and fitness and rehabilitation specialists identify weaknesses that cause mobility problems, develop exercise programs to improve functional fitness, prevent future mobility issues, and evaluate progress. The Senior Fitness Test Manual, Second Edition, provides thorough coverage of the seven tests that make up the Senior Fitness Test (SFT)--lower- and upper-body strength, aerobic endurance, lower- and upper-body flexibility, agility, and balance. Each test 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 contains instructions on preparing and administering the tests and interpreting and using test results. Readers will find guidelines on creating senior fitness programs as well as...



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