

## MATERIALS

Before you start, make sure you have:

- Stopwatch

## PROCEDURE AND SCORING

### EXERCISE:

1. Participant stands within arm's reach of a stationary object.
2. Feet are shoulder-width apart.
3. Participant places their hands on their hips.
4. Participant bends the knee of the non-supporting leg lifting the foot off the ground.
5. Participant does this test with their eyes closed.

**SCORING:** Time starts when participant is in the correct standing position and ends when balance is lost which is when the non-supporting leg touches the ground, or when the hands come off the hips.

Once participant has exceeded 55 seconds without a loss of balance, they have achieved the maximum amount of points for this exercise.



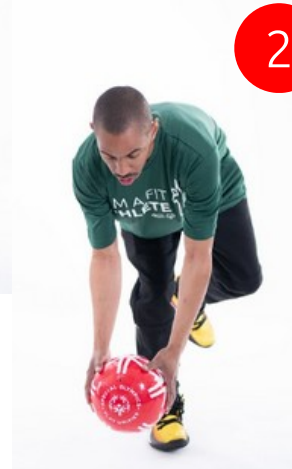
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## MATERIALS

Before you start, make sure you have:

- Stopwatch
- Ball



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## PROCEDURE AND SCORING

### EXERCISE:

1. Participant stands with their feet together and holding a ball in both hands.
2. Participant lifts one foot in the air and bends their knees keeping their other foot on the ground.
3. Participant reaches down and taps the floor to the one side of their body while keeping their balance.
4. Return to the starting upright position.
5. Repeat this exercise. If participant is a beginner at this exercise, they can reset each time by putting both feet on the ground and even alternating which foot they raise off of the ground.

Note: If participant would like a more advanced exercise, keep the same foot off the ground and repeat without losing balance as many times as possible in the prescribed time.

**SCORING:** Participant goes from the upright position to the floor touch position as many times as they can without losing their balance for 60 seconds. Count how many times they tap the ball in that 60-second timeframe for their total score.

## MATERIALS

Before you start, make sure you have:

- Stopwatch
- Chair or wheelchair



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## PROCEDURE AND SCORING

### EXERCISE:

1. Participant will be seated with their arms extended out to both sides.
2. When time begins, participant will have 30 seconds to bend to the right as far as they can, and come back up to a normal sitting position.
3. Participant will then bend to the left as far as possible and return their normal sitting position.
4. Each lateral bend to the side and return to a normal seated position will count as one.

**SCORING:** This process will repeat for 30 seconds, and the amount of successful total bend and ups to normal seated position will count toward the final score.

## MODIFICATIONS

This exercise can be performed seated in a chair or in a wheelchair.