

What is my Report Card telling me?



MUSCULAR FITNESS

Fast Gait Speed

Fast gait speed (or walking speed) is related to muscle power. Muscle power is more than just strength but considers how quickly your muscles can move you, an important element for sport performance.

Five times Sit-to-Stand

This measure also relates to lower body power. In the general population, older adults are expected to complete this test in less than 12 seconds. Senior athletes show much faster times and tend to stay well-below 9 seconds for this test. Check out the muscular fitness handouts for ideas on improving your muscle power.

Grip Strength

Grip strength is a measure of overall strength. Thresholds are challenging in this area and you must remember that you are being compared to other senior athletes, not the general population. Competitive sport demands more strength and maintaining or improving your values here can help your sport performance. Lower values here are also associated with poor bone health. The educational handouts provide details on how to enhance your strength training routine.