



Continuous-scale Physical Functional Performance Test Training
Aging & Physical Performance Laboratory
University of Georgia



Objectives:

1. Accurately administer the CS-PFP10
2. Understand procedure for double timing and training others
3. Administer the utilizing proper safety techniques
4. Perform data entry into Web-based platform
5. Perform data entry into CS-PFP-10 platform
6. Design a layout for laboratory in space available at local site
7. Learn of reporting options

DAY 1

8:30am – 9:45am Ramsey Center, Department of Kinesiology, classroom TBA

- ✚ Introductions of guests and students
- ✚ “The CS-PFP: Background and significance” presentation by Elaine Cress, PhD

9:45am – 10:00am

- ✚ Break

10:00am – 11:00am classroom TBA

- ✚ PFP-10 video double time
- ✚ Review start and stop marks
- ✚ Review use of stop watch
- ✚ Review use of data sheet

11:00am – 11:45am classroom TBA

- ✚ Safety – video and discussion

11:45am – 12:00noon classroom TBA

- ✚ Wrap-up & prep for PM session

12:00noon – 1:00pm – LUNCH at East Village Commons

1:00pm – 3:15pm Ramsey Center, Aging & Physical Performance Laboratory, Room 211

- ✚ Interactive Training (divide into pairs)
- ✚ Review equipment, set-up, dialog, start/stop marks

3:15pm – 4:45pm Ramsey Center, Aging & Physical Performance Laboratory, Room 211

- ✚ Practice PFP-10 administration in pairs

4:45pm – 5:00pm

- ✚ Wrap-up & prep for Day 2 – check-offs

DAY 2

8:00am – 8:15am Ramsey Center, Aging & Physical Performance Laboratory, Room 211

- ✚ Regroup & prep for competency check-off

8:15am – 12:45pm Competency Check-off

- ✚ 8:15am – 9:45a Trainee 1
- ✚ 8:45am – 10:15am Trainee 2
- ✚ 9:15am – 10:45am Trainee 3
- ✚ 9:45am – 11:15am Trainee 4
- ✚ 10:15am – 11:45am Trainee 5
- ✚ 10:45am – 12:15pm Trainee 6

12:45pm – 2:00pm

- ✚ Evaluations and Re-checks if needed