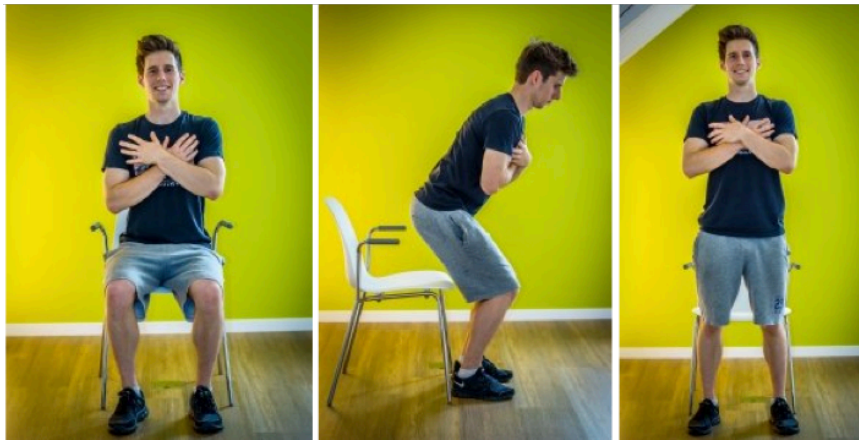


Assessment

Körperliche Leistungsfähigkeit

► 1-Minute-Sit-to-Stand-Test

Bohannon, R. et. al. *Isokinetics and Exercise Science*, vol. 18, no. 4, pp. 235-240, 2010



<https://physiotherapie-benz.ch/tag/sit-to-stand-test/>

Alter	Mann	Frau
20 - 24	50 (41-58)	47 (40-55)
25 - 29	49 (40-56)	47 (40-54)
30 - 34	47 (40-56)	45 (37-52)
35 - 39	47 (38-58)	43 (37-50)
40 - 44	45 (37-53)	42 (35-48)
45 - 49	44 (35-52)	40 (35-49)
50 - 54	42 (35-51)	39 (33-47)
55 - 59	41 (33-48)	36 (30-43)
60 - 64	37 (31-45)	34 (28-40)
65 - 69	35 (29-44)	33 (27-40)
70 - 74	33 (27-40)	30 (25-36)
75 - 79	30 (25-37)	27 (22-32)
80 - 84	28 (23-34)	25 (20-30)
85 - 89	26 (22-34)	23 (18-29)