ABSTRACT

Objectives: To evaluate the Senior Fitness Test in healthy older people in Norway. A secondary aim is to evaluate the use of European norms for the Senior Fitness Test (SFT).

Methods: The subjects' physical fitness was assessed using the Senior Fitness Test which measures lower and upper body strength and flexibility. 


Results: Thirty-four persons older than 60 years completed self-report measures and the Senior Fitness Test (SFT), a battery of fitness measures normed in the United States by Rikli and Jones. 

Selected components of the Senior Fitness Test will be used to assess physical fitness. 

Data sources: Thirty-four persons older than 60 years completed self-report measures and the Senior Fitness Test (SFT), a battery of fitness measures normed in the United States by Rikli and Jones.

Conclusions: The use of European norms for the Senior Fitness Test is indicated as a valuable tool for evaluating the physical fitness of older adults in Norway.