

30-second Chair Stand Test Score Sheet

Verbal instruction:

“For this test, do the best you can by going as fast as you can but don’t push yourself to a point of overexertion or beyond what you think is safe for you.

1. Place your hands on the opposite shoulder so that your arms are crossed at the wrists and held close across your chest. Keep your arms in this position for the test.
2. Keep your feet flat on the floor and at shoulder width apart.
3. On the signal to begin, stand up to a full stand position and then sit back down again so as your bottom fully touches the seat.
4. Keep going for 30 seconds and until I say stop.
5. Get ready and START”.

Complete practice trial (1-2 repetitions to check form and understanding).

Time point Date	Chair seat height (cm)	Score (Repetitions in 30 seconds)	Adaptations	Adapted score
1. / /	 cm		<input type="checkbox"/> Uses hands on legs <input type="checkbox"/> Uses walking aid <input type="checkbox"/> Not tested – Unable <input type="checkbox"/> Not tested - refused	
2. / /	 cm		<input type="checkbox"/> Uses hands on legs <input type="checkbox"/> Uses walking aid <input type="checkbox"/> Not tested – Unable <input type="checkbox"/> Not tested - refused	
3. / /	 cm		<input type="checkbox"/> Uses hands on legs <input type="checkbox"/> Uses walking aid <input type="checkbox"/> Not tested – Unable <input type="checkbox"/> Not tested - refused	
4. / /	 cm		<input type="checkbox"/> Uses hands on legs <input type="checkbox"/> Uses walking aid <input type="checkbox"/> Not tested – Unable <input type="checkbox"/> Not tested - refused	
5. / /	 cm		<input type="checkbox"/> Uses hands on legs <input type="checkbox"/> Uses walking aid <input type="checkbox"/> Not tested – Unable <input type="checkbox"/> Not tested - refused	

Normal values

Normative scores (i.e. between the 25% and 75% percentiles) for the 30-s CST in community dwelling older people aged 60-94 years ⁽¹⁾

Age range	Average count for women	Average count for Men
60-64	12 to 17	14 to 19
65-69	11 to 16	12 to 18
70-74	10 to 15	12 to 17
75-79	10 to 15	11 to 17
80-84	9 to 14	10 to 15
85-89	8 to 13	8 to 14
90-94	4 to 11	7 to 12

Risk zone for falls: Scores of less than 8 stands for women and men ⁽²⁾.

1. Rikli RE, Jones CJ. Functional fitness normative scores for community-residing older adults, ages 60–94. J of Aging and Physical Activity. 1999;7:162-81.
2. Jones CJ, Rikli RE. Measuring functional fitness of older adults. The Journal on Active Aging. 2002;March-April:24-30.