

The 30-Second Chair Stand is an assessment to test leg strength and endurance.

Element	Details																								
Time to Administer	Less than five minutes.																								
Type	Clinical Assessment > Linked Resource																								
Setting	Any.																								
Administration	Health Care Provider.																								
Interpretation	<p>Below average scores include:</p> <table border="1"> <thead> <tr> <th>Age</th> <th>Men</th> <th>Women</th> </tr> </thead> <tbody> <tr> <td>60-64</td> <td>< 14</td> <td>< 12</td> </tr> <tr> <td>65-69</td> <td>< 12</td> <td>< 11</td> </tr> <tr> <td>70-74</td> <td>< 12</td> <td>< 10</td> </tr> <tr> <td>75-79</td> <td>< 11</td> <td>< 10</td> </tr> <tr> <td>80-84</td> <td>< 10</td> <td>< 9</td> </tr> <tr> <td>85-89</td> <td>< 8</td> <td>< 8</td> </tr> <tr> <td>90-94</td> <td>< 7</td> <td>< 7</td> </tr> </tbody> </table> <p>A below average score indicates a risk for falls.</p>	Age	Men	Women	60-64	< 14	< 12	65-69	< 12	< 11	70-74	< 12	< 10	75-79	< 11	< 10	80-84	< 10	< 9	85-89	< 8	< 8	90-94	< 7	< 7
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Reference	Centers for Disease Control and Prevention, & Stopping Elderly Accidents, Deaths and Injuries. (2017). Assessment 30-Second Chair Stand. Retrieved November 12, 2019, from https://www.cdc.gov/steady/pdf/STEDI-Assessment-30Sec-508.pdf .																								