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## **Performance**

Side hop test, 8 hop test, single-leg triple hop test, and single-leg hop test were applied to evaluate the functional characteristics of study subjects. The side hop test is used to measure the...

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Functional performance testing is likely to indicate the outcome of the neuromuscular training and appears to consist of two components. The first component is the quantity of movement or the capabilities of the production of the force, for example, muscle strength measurements and hop tests.

## **Functional Performance Testing and Patient Reported ...**

The best functional performance tests assess all elements of function (listed above) First assess the function of part of the person and then eventually assess the function of the person The best test of ability to return to sport is one that

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closely mimics that activity Every athlete is an individual - and should be assessed accordingly

## **Functional Performance Testing: An Assessment Necessity**

Davies and Zillmer's (2000) functional testing algorithm (FTA) is an objective, systematic, functional-based testing progression according to which the client must pass one level of functional performance testing before proceeding to a higher-level test. The FTA appears to provide a safe and effective way to perform a variety of testing maneuvers.

## **What is functional testing? - Human Kinetics**

Organized into three major sections, "Functional Testing In Human Performance" begins by defining explaining basic concepts and defining basic terms, administering the tests, and integrating the tests into daily practice.

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Functional Testing in Human Performance is a most welcome text, easy to navigate and use. Its main goal is to present the basics of functional testing (Part 1), and testing procedures and protocols (Parts 2 and 3).

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