

LEFT HAND
HIGH
CONSCIOUS
CONTROL

LOW
CONSCIOUS
CONTROL

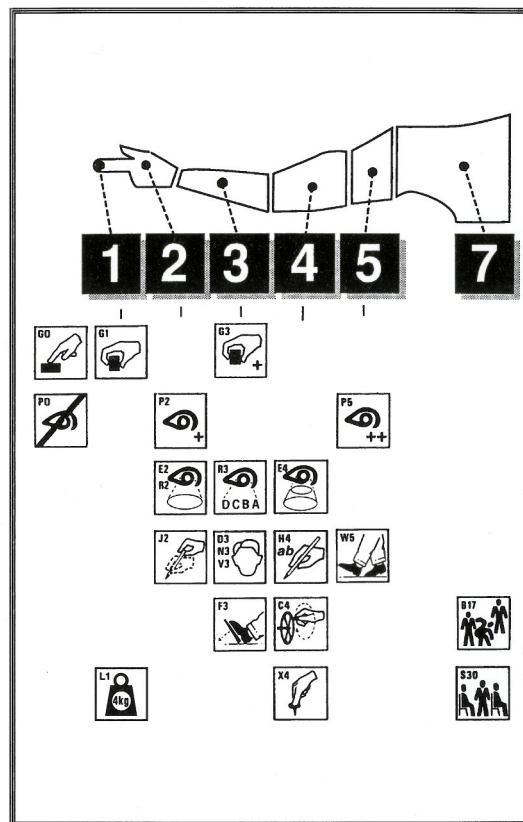
RIGHT HAND
LOW
CONSCIOUS
CONTROL

HIGH
CONSCIOUS
CONTROL

| | G0 | G1 | P0 | G3 | P2 | P5 |
|----|----|----|----|----|----|----|
| G0 | O | O | O | O | O | O |
| G1 | O | O | O | O | O | O |
| P0 | O | O | O | O | O | O |
| G3 | O | O | O | X | X | X |
| P2 | O | O | O | X | X | X |
| P5 | O | O | O | X | X | X |

**O - MAY BE COMPLETED
SIMULTANEOUSLY**

**X - ALLOW BOTH -
PRECEDE SECOND
WITH M2**



MODAPTS®

MODular Arrangement
of
Predetermined Time Standards

CAUTION

Do not attempt to use these tables in any way without receiving training from a qualified MODAPTS instructor.

CONVERSIONS

1 MOD = .129 sec.
1 MOD = .00215 min.
1 sec. = 7.75 MODS
1 min. = 465 MODS

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MOVE

| | | |
|----|--------------|-------------|
| M1 | Finger | 2.5 cm (1") |
| M2 | Hand | 5 cm (2") |
| M3 | Forearm | 15 cm (6") |
| M4 | Whole arm | 30 cm (12") |
| M5 | Extended arm | 45 cm (18") |
| M7 | Trunk | 75 cm (30") |

GET

| | |
|----|----------------------------|
| G0 | Contact, or touch |
| G1 | Simple closing of fingers |
| G3 | Complex closing of fingers |

PUT

| | |
|----|-----------------------|
| P0 | To general locations |
| P2 | To specific locations |
| P5 | To exact locations |

WALK

| | |
|-------|-----------------|
| W5 | Per pace |
| W2.36 | Per linear foot |
| W7.75 | Per meter |

FOOT ACTION

| | |
|----|-----------------------|
| F3 | 15 cm (6") toe travel |
|----|-----------------------|

CRANK

| | |
|----|---------------------|
| C3 | Up to 8.9 cm (3.5") |
| C4 | Over 8.9 cm (3.5") |

READ

| | |
|----|----------------------------|
| R2 | One word - general reading |
| R3 | One word - careful reading |
| R3 | Reading up to 3 characters |

DECIDE

| | |
|----|----------------------|
| D3 | For the unusual case |
|----|----------------------|

EYE CONTROL

| | |
|----|--------------|
| E2 | Eye fixation |
| E2 | Eye travel |
| E4 | Eye focus |

NUMBER/COUNT

| | |
|----|-----------------------|
| N3 | Per item, arranged |
| N6 | Per item, disarranged |

BEND AND ARISE

| | |
|-----|-----------------------|
| B17 | Hand goes below knees |
|-----|-----------------------|

SIT AND STAND

| | |
|-----|-----------------|
| S30 | Production work |
|-----|-----------------|

EXTRA FORCE

| | |
|----|----------------------------|
| X4 | A hesitation (not visible) |
|----|----------------------------|

JUGGLE

| | |
|----|------------------------|
| J2 | To gain better control |
|----|------------------------|

VOCALIZE

| | |
|----|----------------------|
| V3 | For each word spoken |
|----|----------------------|

USE -- Back and forth movements

No definite start or stop points

| | |
|-----|-------------------|
| U.5 | Finger motions |
| U1 | Hand motions |
| U2 | Forearm motions |
| U3 | Whole arm motions |

LOAD FACTOR (effective net weight)

| | |
|----|---------------------------------|
| L0 | < 4.4 lbs (2kg) |
| L1 | > 4.4 lbs (2kg) < 13.3 lbs(6kg) |

Add one MOD for each added 8.8 lbs (4kg)

HANDWRITE

| | |
|-----|---|
| H4 | One character in continuous style, one punctuation mark |
| H5 | One character in print style, one digit or symbol |
| H6 | One character in cursive style, upper case |
| H7 | One character in print style, upper case |
| H21 | One word in cursive style |
| H26 | One word in print style |
| H35 | One word in all upper case |