Protocol ID: _____

Study Name: _____

Site: _____

Event Name: _____

Event Date: _____

Study Subject ID:_____

Interviewer Name:_____

Interview Date:_____

BLSA Knee Extensor Power - Ver 1.0

Section Title: Knee Extensor Power

Date Completed   ☐ Blank

Tester ID

Is the participant able to stand unassisted?   ○ No ○ Yes

INTRODUCTION: "This machine is specifically designed to measure the ability of your leg (knee extensor) muscle to generate power, a combination of strength and speed. Only one leg will be tested, usually the same one used in the strength test. After determining your maximum strength on this machine, you will perform five trials each at four progressively more difficult strength settings. You'll be kicking your leg up as hard and fast as you can, and then returning the lever arm back downward slowly. By returning slowly this will reduce the chance of damaging the arm sensor.
First, I need to make sure it is safe for you to do this test

1. Time from Kin-Com Testing
   ○ Kin-Com preceded power testing
   ○ Kin-Com to follow power testing
   ○ Not scheduled for current visit

Eligibility Determination

2. Did the participant complete knee strength testing using the Kin-Com
   ○ No excluded do not test
   ○ No technical issues check knee strength eligibility
   ○ Yes some discomfort test other leg unless contraindications
   ○ Yes no discomfort test same leg
     ○ Not eligible ○ Eligible

2b. Was range of motion (ROM) 155 degrees or better?   ○ Yes ○ No   2c. Record ROM below 155 degrees

Leg to Test Determination
3. Which leg was tested at the participant's most recent BLSA Kin-Com testing?
Which leg last visit: ○ Right ○ First time ○ Don't know ○ Left

3a. Which leg to be tested: ○ Left ○ Right ○ Neither (test not performed)

3b. Reason test not done: ○ physical problems
                                   ○ cognitive problems
                                   ○ physical and cognitive
                                   ○ refused
                                   ○ technical problems
                                   ○ Not elegible

Initial Setting Determination:
4. Determine predicted 1-4RM from chart by multiplying the decimal value for sex and age by participant body weight. Enter value in the left hand box, perform calculation and enter the result in right hand box below:
4. Predicated initial setting

1 RM

INSTRUCTIONS:
"you will first perform 3 practice exercises before we go to recording trials. Please remember to return leg slowly to down position."
40% 1 RM

Trial 1   Trial 2   Trial 3

Trial 4   Trial 5

50% 1 RM

Trial 1   Trial 2   Trial 3

Trial 4   Trial 5

60% 1 RM

Trial 1   Trial 2   Trial 3

Trial 4   Trial 5

70% 1 RM

Trial 1   Trial 2   Trial 3

Trial 4   Trial 5