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SPORT Accordingly, a comprehensive assessment of an athlete's function, via functional performance testing, becomes an absolute assessment necessity. This article will discuss current research on the the role and implementation of functional performance testing, as well as some tests that you may use in your own clinical practice. Functional Performance Testing: An Assessment Necessity "Functional Testing In Human Performance" then goes on to over a variety of tests designed to address muscle, movement, balance, strength, agility, and a number of other qualities and conditions. Of special note are the chapters dedicated to Trunk Testing; Upper Extremity Testing; and Lower Extremity Anaerobic Power Testing. Functional Testing In Human Performance. - Free Online Library Functional Testing in Human Performance offers a unique and comprehensive reference for assessment of physical activities in sport, recreation, work, and daily living. By presenting the theory and detailing the practice, this text

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