

REFERENCES

- Ainsworth, B.E., Montoye, H.J., & Leon, A.S. (1994). Methods of assessing physical activity during leisure and work. In C. Bouchard, R.J. Shephard, & T. Stephens (Eds.), *Physical activity, fitness, and health* (pp. 146-159). Champaign, IL: Human Kinetics.
- Alexander, N.B., Schultz, A.B., & Warwick, D.N. (1991). Rising from a chair: Effects of age and functional ability on performance biomechanics. *Journal of Gerontology: Medical Sciences*, 46, M91-M98.
- Alliance for Aging Research. (1999). *Independence for older Americans: An investment for our nation's future*. Washington, DC: Alliance for Aging Research.
- American Academy of Orthopaedic Surgeons. (1966). *Joint motion: Method of measuring and recording*. Edinburgh: Livingstone.
- American College of Sports Medicine. (1991). *Guidelines for exercise testing and prescription* (4th ed.). Philadelphia: Lea and Febiger.
- American College of Sports Medicine. (1995). *Guidelines for exercise testing and prescription*. Philadelphia: Lippincott Williams & Wilkins.
- American College of Sports Medicine. (1997). *Exercise management for persons with chronic diseases and disabilities*. Champaign, IL: Human Kinetics.
- American College of Sports Medicine. (1998a). ACSM Position Stand on Exercise and Physical Activity for Older Adults. *Medicine and Science in Sports and Exercise*, 30, 992-1008.
- American College of Sports Medicine. (1998b). *ACSM's resource manual for guidelines for exercise testing and prescription*. Philadelphia: Lippincott Williams & Wilkins.
- American College of Sports Medicine. (2000). *Guidelines for exercise testing and prescription*. (6th edition.) Philadelphia: Lippincott Williams & Wilkins.
- American Psychological Association. (1985). *Standards for educational and psychological tests*. Washington, DC: American Psychological Association.
- Badley, E.M., Wagstaff, S., & Wood, P.H.N. (1984). Measures of functional ability (disability) in arthritis in relation to impairment of range of joint movement. *Annals of Rheumatic Disease*, 43, 563-569.
- Baumgartner, T.A., & Jackson, A.S. (1999). *Measurement for evaluation in physical education and exercise science* (6th ed.). Boston: McGraw-Hill.
- Bell, R.D., Hoshizaki, B., & Collins, M.L. (1983). *The post 50 "3-S" physical performance test*. Victoria, BC: R.E. & P. Holdings.
- Bittner, V., Weiner, D.H., Yusuf, S., Rogers, W.J., McIntyre, K.M., Bangdiwala, S.I., Kronenberg, M.W., Kostis, J.B., Kohn, R.M., Guillothe, M., Greenberg, B., Woods, P.A., & Bourassa, M.G. (1993). Prediction of mortality and morbidity with a

- 6-minute walk test in patients with left ventricular dysfunction. *Journal of the American Medical Association*, 270, 1702-1707.
- Bohannon, R.W. (1995). Sit-to-stand test for measuring performance of lower extremity muscles. *Perceptual and Motor Skills*, 80, 163-166.
- Booth, F.W., Gordon, S.E., Carlson, C.J., & Hamilton, M.T. (2000). Waging war on modern chronic diseases: Primary prevention through exercise biology. *Journal of Applied Physiology*, 88, 774-787.
- Borg, G. (1998). *Borg's perceived exertion and pain scales*.
- Bouchard, C., Shephard, R.J., & Stephens, T. (1994). *Physical activity, fitness, and health*. Champaign, IL: Human Kinetics.
- Boyd, M., & Zizzi, M. (1999). Strength, functional gains, and wellness perception in healthy older adults participating in the Vigor Weight Training Program. *Journal of Aging and Physical Activity*, 7, 299-330.
- Bravo, G., Gauthier, P., Roy, P., Tessier, D., Gaulin, P., Dubois, M., & Peloquin, L. (1994). The functional fitness assessment battery: Reliability and validity data for elderly women. *Journal of Aging and Physical Activity*, 2, 67-79.
- Brouha, L. (1943). A step test: A simple method of measuring physical fitness for muscular work in young men. *Research Quarterly*, 14, 31-36.
- Brown, M., Sinacore, D.R., & Host, H.H. (1995). The relationship of strength to function in the older adult. *Journal of Gerontology*, 50A (Special Issue), 55-59.
- Buchner, D.M. (1995). Clinical assessment of physical activity in older adults. In L.Z. Rubenstein, D. Wieland, & R. Bernabei (Eds.), *Geriatric assessment technology: The state of the art* (pp. 147-159). Milano: Editrice Kurtis.
- Buchner, D.M., Guralnik, J.M., & Cress, M.E. (1995). The clinical assessment of gait, balance, and mobility in older adults. In L.Z. Rubenstein, D. Wieland, & R. Bernabei (Eds.), *Geriatric assessment technology: The state of the art* (pp. 75-89). Milano: Editrice Kurtis.
- Cailliet, R. (1988). *Low back pain syndrome*. Philadelphia: Davis.
- Chakravarty, K., & Webley, M. (1993). Shoulder joint movement and its relationship to disability in the elderly. *Journal of Rheumatology*, 20, 1359-1361.
- Chandler, J.M., & Hadley, E.C. (1996). Exercise to improve physiologic and functional performance in old age. *Clinics in Geriatric Medicine*, 12, 761-784.
- Cooper Institute for Aerobics Research. (1999). *The Fitnessgram test administration manual* (2nd ed.). Champaign, IL: Human Kinetics.
- Cooper, K.H. (1968). A means of assessing maximal oxygen intake. *Journal of the American Medical Association*, 203, 135-138.
- Cooper, K.H. (1995). Anything that I may do for you? Keynote presentation at annual conference of the American Alliance for Health, Physical Education, Recreation and Dance. Portland, OR.
- Cotten, D.J. (1971). A modified step test for group cardiovascular testing. *Research Quarterly*, 42, 91-95.
- Cress, M.E., Buchner, D.M., Questad, K.A., Esselman, P.C., deLateur, B.J., & Schwartz, R.S. (1996). Continuous-scale physical functional performance in a broad range of older adults. *Archives and Physical Medicine and Rehabilitation*, 77, 1243-1250.
- Cress, M.E., Thomas, D.P., Johnson, J., Kasch, F.W., Cassens, R.G., Smith, E.L., & Agre, J.C. (1991). Effect of training on $\dot{V}O_2$ max, thigh strength, and muscle morphology in septuagenarian women. *Medicine and Science in Sport and Exercise*, 23, 752-758.

- Csuka, M., & McCarty, D.J. (1985). Simple method for measurement of lower extremity muscle strength. *American Journal of Medicine*, 78, 77-81.
- DiPietro, L. (1996). The epidemiology of physical activity and physical function in older people. *Medicine and Science in Sports and Exercise*, 28, 596-600.
- Disch, J., Frankiewicz, R., & Jackson, A. (1975). Construct validation of distance run tests. *Research Quarterly*, 46, 169-176.
- Dugas, E.W. (1996). *The development and validation of a 2-minute step test to estimate aerobic endurance in older adults*. Unpublished master's thesis, California State University, Fullerton.
- Evans, W., & Rosenberg, I.H. (1991). *Biomarkers: The 10 determinants of aging you can control*. New York: Simon & Schuster.
- Evans, W.J. (1995). Effects of exercise on body composition and functional capacity of the elderly. *Journal of Gerontology*, 50A, 147-150.
- Fenstermaker, K.L., Plowman, S.A., & Looney, M.A. (1992). Validation of the Rockport Fitness Walking Test in females 65 years and older. *Research Quarterly for Exercise and Sport*, 63, 322-327.
- Fiatarone, M.A., & Evans, W.J. (1993). The etiology and reversibility of muscle dysfunction in the aged. *Journal of Gerontology*, 44, 77-83.
- Fiatarone, M.A., Marks, E.C., Ryan, N.D., Meredith, C.N., Lipsitz, L.A., & Evans, W.J. (1990). High-intensity strength training in nonagenarians: Effects on skeletal muscle. *Journal of the American Medical Association*, 263, 3029-3034.
- Fiatarone, M.A., O'Neill, E.F., Ryan, N.D., Clements, K.M., Solares, G.R., Nelson, M.E., Roberts, S.B., Kehayias, J.J., Lipsitz, L.A., & Evans, W.J. (1994). Exercise training and nutritional supplementation for physical frailty in very elderly people. *New England Journal of Medicine*, 330, 1769-1775.
- Fried, L.P., Ettinger, W.H., Lind, B., Newman, A.B., & Gardin, J. (1994). Physical disability in older adults: A physiological approach. *Journal of Clinical Epidemiology*, 47, 747-760.
- Galanos, A.N., Peiper, C.F., Cornoni-Huntley, J., Bales, C.W., & Fillenbaum, G.G. (1994). Nutrition and function: Is there a relationship between body mass index and the functional capabilities of community dwelling elderly? *Journal of the American Geriatric Society*, 42, 368-373.
- Gill, T.M., Williams, C.S., Richardson, E.D., & Tinetti, M.E. (1996). Impairments in physical performance and cognitive status as predisposing factors for functional dependence among nondisabled older persons. *Journal of Gerontology: Medical Sciences*, 51A, M283-M288.
- Gill, T.M., Williams, C.S., & Tinetti, M.E. (1995). Assessing risk for the onset of functional dependence among older adults: The role of physical performance. *Journal of the American Geriatric Society*, 43, 603-609.
- Golding, L., Myers, C., & Sinning, W. (1989). *Y's way to physical fitness* (3rd ed.). Champaign, IL: Human Kinetics.
- Grabiner, M.K., Koh, T.J., Lundin, T.M., & Jahnigen, D.W. (1993). Kinematics of recovery from a stumble. *Journal of Gerontology*, 48, M97-M102.
- Gross, J., Fetto, J., & Rosen, E. (1996). *Musculoskeletal examination*. Cambridge: Blackwell Science.
- Guralnik, J.M., Ferrucci, L., Simonsick, E.M., Salive, M.E., & Wallace, R.B. (1995). Lower-extremity function in persons over the age of 70 years as a predictor of subsequent disability. *New England Journal of Medicine*, 332, 556-561.

- Guralnik, J.M., Simonsick, E.M., Ferrucci, L., Glynn, R.J., Berkman, L.F., Blazer, D.G., Scherr, P.A., & Wallace, R.B. (1994). A short physical performance battery assessing lower extremity function: Association with self-reported disability and prediction of mortality and nursing home admission. *Journal of Gerontology*, 49, M85-M94.
- Guyatt, G.H., Sullivan, M.J., Thompson, P.J., Fallen, E.I., Pugsley, S.O., Taylor, D.W., & Berman, L.B. (1985a). The 6-minute walk: A new measure of exercise capacity in patients with chronic heart failure. *Canadian Medical Association Journal*, 132, 919-923.
- Guyatt, G.H., Thompson, P.J., Berman, L.B., Sullivan, M.J., Townsend, M., Jones, N.L., & Pugsley, S.O. (1985b). How should we measure function in patients with chronic heart and lung disease. *Journal of Chronic Disabilities*, 38, 517-524.
- Hagberg, J., Graves, J., Limacher, M., Woods, D., Cononie, C., Leggett, S., Gruber, J., & Pollock, M. (1989). Cardiovascular responses of 70-79 year old men and women to exercise training. *Journal of Applied Physiology*, 66, 2589-2594.
- Hagberg, J.M. (1994). Physical activity, fitness, health, and aging. In C. Bouchard, R. Shephard, & T. Stephens (Eds.), *Physical activity, fitness, and health: International proceedings and consensus statement* (pp. 993-1005). Champaign, IL: Human Kinetics.
- Harris, T., Kovar, M.G., Suzman, R., Kleinman, J.C., & Feldman, J.J. (1989). Longitudinal study of physical ability in the oldest-old. *American Journal of Public Health*, 79, 698-702.
- Haskell, W.L., & Phillips, W.T. (1995). Exercise training, fitness, health, and longevity. In D.L. Lamb, C.V. Gisolfi, & E. Nadel (Eds.), *Perspectives in exercise and sports medicine: Exercise in older adults* (Vol. 8, pp. 11-52). Carmel, IN: Cooper.
- Hoppenfeld, S. (1976). *Physical examination of the spine and extremities*. Norwalk, CT: Appleton & Lange.
- Hubert, H.B., Bloch, D.A., & Fries, J.F. (1993). Risk factors for physical disability in an aging cohort: The NHANES I epidemiologic followup study. *Journal of Rheumatology*, 20, 480-488.
- Hubley-Kozey, C.L., Wall, J.C., & Hogan, D.B. (1995). Effects of a general exercise program on passive hip, knee, and ankle range of motion of older women. *Topics in Geriatric Rehabilitation*, 10, 33-44.
- Hurley, B.F., & Hagberg, J.M. (1998). Optimizing health in older persons: Aerobic or strength training? In J. Holloszy (Ed.), *Exercise and sport science reviews* (Vol. 26, pp. 61-89). Baltimore: Williams & Wilkins.
- Jackson, A.S., Beard, E.F., Wier, L.T., Ross, R.M., Stuteville, J.E., & Blair, S.N. (1995). Changes in aerobic power of men, ages 25-70 years. *Medicine and Science in Sports and Exercise*, 27, 113-120.
- Jackson, A.S., Wier, L.T., Ayers, G.W., Beard, E.F., Stuteville, J.E., & Blair, S.N. (1996). Changes in aerobic power of women, ages 20-64 yr. *Medicine and Science in Sports and Exercise*, 28, 884-891.
- Jackson, A.W., & Baker, A.A. (1986). The relationship of the sit and reach test to criterion measures of hamstring and back flexibility in young females. *Research Quarterly for Exercise and Sport*, 57, 183-186.
- Jackson, A.W., & Langford, N.J. (1989). The criterion-related validity of the sit-and-reach test: Replication and extension of previous findings. *Research Quarterly for Exercise and Sport*, 60, 384-387.

- James, T.W. (1999). *The 30-second arm curl test as an indicator of upper body strength in older adults*. Unpublished master's thesis, California State University, Fullerton.
- Johnston, J. (1999). *Validation of a 2-minute step-in-place test relative to treadmill performance in older adults*. Unpublished master's thesis, California State University, Fullerton.
- Jones, C.J., & Rikli, R.E. (1999). Physical decline in older adults as a function of age, gender, and physical activity level. *Medicine and Science in Sports and Exercise*, 31, S379.
- Jones, C.J., Rikli, R.E., & Beam, W.C. (1999). A 30-s chair-stand test as a measure of lower body strength in community-residing older adults. *Research Quarterly for Exercise and Sport*, 70, 113-119.
- Jones, C.J., Rikli, R.E., Max, J., & Noffal, G. (1998). The reliability and validity of a chair sit-and-reach test as a measure of hamstring flexibility in older adults. *Research Quarterly for Exercise and Sport*, 69, 338-343.
- Judge, J.O. (1993). Functional importance of muscular strength. *Topics in Geriatric Rehabilitation*, 8, 38-50.
- Kaplan, G.A., Strawbridge, W.J., Camacho, T., & Cohen, R.D. (1993). Factors associated with change in physical functioning in the elderly: A six-year prospective study. *Journal of Aging and Health*, 5, 140-153.
- Kendall, F.P., McCreary, E.K., & Provance, P.G. (1993). *Muscles: Testing and function* (4th ed.). Baltimore: Williams & Wilkins.
- Kline, G.M., Porcari, J.P., Hintermeister, R., Freedson, P.S., Ward, A., McCarron, R.F., Ross, J., & Rippe, J.M. (1987). Estimation of $\dot{V}O_2$ max from a one-mile track walk, gender, age, and body weight. *Medicine and Science in Sports and Exercise*, 19, 253-259.
- Kohrt, W., Malley, M., Goggan, A., Spina, R., Ogawa, T., Ehsani, A., Bourey, R., Martin, W., & Holloszy, J. (1991). Effects of gender, age, and fitness level on response of $\dot{V}O_2$ max to training in 60-71 yr olds. *Journal of Applied Physiology*, 71, 2004-2011.
- Konczak, J., Meeuwssen, H.J., & Cress, M.E. (1992). Changing affordances in stair climbing: The perception of maximum climbability in young and old adults. *Journal of Experimental Psychology: Human Perception and Performance*, 18, 691-697.
- Lacroix, A.Z., Guralnik, J.M., Berkman, L.F., Wallace, R.B., & Satterfield, S. (1993). Maintaining mobility in late life II: Smoking, alcohol consumption, physical activity, and body mass index. *American Journal of Epidemiology*, 137, 858-869.
- Lawrence, R., & Jette, A.M. (1996). Disentangling the disablement process. *Journal of Gerontology: Social Sciences*, 51B, 5173-5182.
- Liemohn, W., Snodgrass, L.B., & Sharpe, G.L. (1988). Unresolved controversies in back management—A review. *Journal of Orthopaedic and Sports Physical Therapy*, 9, 239-244.
- Losonczy, K.G., Harris, T.B., Cornoni-Huntley, J., Simonsick, E.M., Wallace, R.B., Cook, N.R., Ostfeld, A.M., & Blazer, D.G. (1995). Does weight loss from middle age to old age explain the inverse weight mortality relation in old age? *American Journal of Epidemiology*, 141, 312-321.
- MacRae, P., Feltner, M., & Reinsch, S. (1994). A 1-year exercise program for older women: Effects on falls, injuries, and physical performance. *Journal of Aging and Physical Activity*, 2, 127-142.

- MacRae, P.G., Lacourse, M., & Moldavon, R. (1992). Physical performance measures that predict faller status in community-dwelling older adults. *Journal of Occupational and Sports Physical Therapy*, 16, 123-128.
- Magee, D.J. (1992). *Orthopedic physical assessment*. Philadelphia: W.B. Saunders.
- McArdle, W.D., Katch, F.I., Pechar, G.S., Jacobson, L., & Ruck, S. (1972). Reliability and interrelationships between maximal oxygen intake, physical work capacity and step-test scores in college women. *Medicine and Science in Sports*, 4, 182-186.
- McCartney, N., Hicks, A.L., Martin, J., & Webber, C. (1996). A longitudinal trial of weight training in the elderly: Continued improvements in year 2. *Journal of Gerontology*, 51(B).
- McMurdo, M.E., & Rennie, L. (1993). A controlled trial of exercise by residents of old people's homes. *Age and Aging*, 22, 11-15.
- Miotto, J.M., Chodzko-Zajko, W.J., Reich, J.L., & Supler, M.M. (1999). Reliability and validity of the Fullerton Functional Fitness Test: An independent replication study. *Journal of Aging and Physical Activity*, 7, 339-353.
- Morey, M.C., Cowper, P.A., Feussner, J.R., Dipasquale, R.C., Crowley, G.M., & Sullivan, R.J. (1991). Two-year trends in physical performance following supervised exercise among community-dwelling old veterans. *Journal of the American Geriatric Society*, 38, 549-554.
- Morey, M.C., Pieper, C.F., & Cornoni-Huntley, J. (1998). Physical fitness and functional limitations in community-dwelling older adults. *Medicine and Science in Sports and Exercise*, 30, 715-723.
- Nagi, S.Z. (1965). Some conceptual issues in disability and rehabilitation. In M.B. Sussman (Ed.), *Sociology and rehabilitation* (pp. 100-113). Washington, DC: American Sociological Association.
- Nagi, S.Z. (1991). Disability concepts revisited: Implication for prevention. In A.M. Pope & A.R. Tarlov (Eds.), *Disability in America: Toward a national agenda for prevention* (pp. 309-327). Washington, DC: National Academy Press.
- Nelson, M., Fiatarone, M., Morganti, C., Trice, E., Greenberg, R., & Evans, W. (1994). Effects of high-intensity strength training on multiple risk factors for osteoporotic fractures. *Journal of the American Medical Association*, 272, 1909-1914.
- Nichols, J.F., Hitzelberger, L.M., Sherman, J.G., & Patterson, P. (1995). Effects of resistance training on muscular strength and functional abilities of community-dwelling older adults. *Journal of Aging and Physical Activity*, 3, 238-250.
- Osness, W.H., Adrian, M., Clark, B., Hoeger, W., Rabb, D., & Wiswell, R. (1996). *Functional fitness assessment for adults over 60 years*. Dubuque, IA: Kendall/Hunt.
- Paffenbarger, R.S.J., Blair, S.N., Lee, I.M., & Hyde, R.T. (1993). Measurement of physical activity to assess health effects in free-living populations. *Medicine and Science in Sports and Exercise*, 25, 60-70.
- Paterson, D.H., Cunningham, D.A., Koval, J.J., & St. Croix, C.M. (1999). Aerobic fitness in a population of independently living men and women ages 55-86 years. *Medicine & Science in Sports & Exercise*, 21, 1813-1820.
- Patterson, P., Wiksten, D.L., Ray, L., Flanders, C., & Sanphy, D. (1996). The validity and reliability of the back saver sit-and-reach test in middle school girls and boys. *Research Quarterly for Exercise and Sport*, 64, 448-451.
- Peloquin, L., Gauthier, P., Bravo, G., Lacombe, G., & Billiard, J. (1998). Reliability and validity of the 5-minute walking field test for estimating $\dot{V}O_2$ peak in elderly

- subjects with knee osteoarthritis. *Journal of Aging and Physical Activity*, 6, 36-44.
- Pendergast, D.R., Fisher, N.M., & Calkins, E. (1993). Cardiovascular, neuromuscular, and metabolic alterations with age leading to frailty. *Journal of Gerontology*, 48 (Special Issue), 61-67.
- Podsiadlo, D., & Richardson, S. (1991). The timed "up and go": A test of basic functional mobility for frail elderly persons. *Journal of the American Geriatric Society*, 39, 142-148.
- Province, M.A., Hadley, E.C., Hornbrook, M.C., Lipsitz, L.A., Miller, J.P., Mulrow, C.D., Ory, M.G., Sattin, R.W., Tinetti, M.E., & Wolf, S.L. (1995). The effects of exercise on falls in elderly patients. A pre-planned meta-analysis of the FICSIT trials. *Journal of the American Medical Association*, 273, 1341-1347.
- Pyka, G., Lindenberger, E., Charette, S., & Marcus, R. (1994). Muscle strength and fiber adaptations to a year-long resistance training program in elderly men and women. *Journal of Gerontology*, 49, M22-M27.
- Rakowski, W., & Mor, V. (1992). The association of physical activity with mortality among older adults in the longitudinal study of aging (1984-1988). *Journal of Gerontology*, 47, M122-M129.
- Rikli, R.E., & Edwards, D. (1991). Effects of a three-year exercise program on motor function and cognitive processing speed in older women. *Research Quarterly for Exercise and Sport*, 62, 61-67.
- Rikli, R.E., & Jones, C.J. (1997). Assessing physical performance in independent older adults: Issues and guidelines. *Journal of Aging and Physical Activity*, 5, 244-261.
- Rikli, R.E., & Jones, C.J. (1998). The reliability and validity of a 6-minute walk test as a measure of physical endurance in older adults. *Journal of Aging and Physical Activity*, 6, 363-375.
- Rikli, R.E., & Jones, C.J. (1999a). Development and validation of a functional fitness test for community-residing older adults. *Journal of Aging and Physical Activity*, 7, 127-159.
- Rikli, R.E., & Jones, C.J. (1999b). Functional fitness normative scores for community-residing adults, ages 60-94. *Journal of Aging and Physical Activity*, 7, 160-179.
- Rikli, R.E., & Jones, C.J. (2000). Physical activity level, fitness, and functional ability of community-residing older adults. *Medicine and Science in Sports and Exercise*, 32, 218.
- Rikli, R.E., Jones, C.J., Beam, W.B., Duncan, S.J., & Lamar, B. (1996). Testing versus training effects on 1RM strength measures in older adults. *Medicine and Science in Sports and Exercise*, 28, S153.
- Rose, D.J., Jones, C.J., Dickin, C., Lemon, N., & Bories, T. (1999). The effect of a community-based balance and mobility training program on functional performance and balance-related self-confidence in older adults with a history of falls. *Journal of Aging and Physical Activity*, 7, 265-266.
- Safrit, M.J., & Wood, T.M. (1995). *Introduction to measurement in physical education and exercise science*. St. Louis: Mosby-Year Book.
- Schoenfeld, D.E., Malmrose, L.C., Blazer, D.G., Gold, D.T., & Seeman, T.E. (1994). Self-rated health and mortality in the high-functioning elderly—A closer look at healthy individuals: MacArthur field study of successful aging. *Journal of Gerontology*, 49, M109-M115.

- Schroeder, J. (1995). A comprehensive survey of older adult exercise programs in two California communities. *Journal of Aging and Physical Activity*, 3, 290-298.
- Seeman, T.E., Berkman, L.F., Charpentier, P.A., Blazer, D.G., Alpert, M.A., & Tinetti, M.E. (1995). Behavioral and psychosocial predictors of physical performance: MacArthur Studies of Successful Aging. *Journal of Gerontology*, 50, M177-M183.
- Seeman, T.E., Charpentier, P.A., Berkman, L.F., Tinetti, M.E., Guralnik, J.M., Albert, M., Blazer, D., & Rowe, J.W. (1994). Predicting changes in physical performance in a high-functioning elderly cohort: MacArthur Studies of Successful Aging. *Journal of Gerontology*, 49, M97-M108.
- Select Committee on Aging, U. S. House of Representatives. (1992). *Aging research: Benefits outweigh the costs* (Publication No. 102-871). Washington, DC: U.S. Government Printing Office.
- Shephard, R.J. (1997). *Aging, physical activity, and health*. Champaign, IL: Human Kinetics.
- Simonsick, E.M., Lafferty, M.E., Phillips, C.L., Mendes de Leon, C.F., Kasl, S.V., Seeman, T.E., Fillenbaum, G., Hebert, P., & Lemke, J.H. (1993). Risk due to inactivity in physically capable older adults. *American Journal of Public Health*, 83, 1443-1450.
- Sperling, L. (1980). Evaluation of upper extremity function in 70-year-old men and women. *Scandinavian Journal of Rehabilitative Medicine*, 12, 139-144.
- Spirduto, W.W. (1995). *Physical dimensions of aging*. Champaign, IL: Human Kinetics.
- Starkey, C., & Ryan, J.L. (1996). *Evaluation of orthopedic and athletic injuries*. Philadelphia: Davis.
- Steele, B. (1996). Timed walking tests of exercise capacity in chronic cardiopulmonary illness. *Journal of Cardiopulmonary Rehabilitation*, 16, 25-33.
- Stewart, A.L., Hays, R.D., Wells, K.B., Rogers, W.H., Spritzer, K.L., & Greenfield, S. (1994). Long-term functioning and well-being outcomes associated with physical activity and exercise in patients with chronic conditions in the Medical Outcomes Study. *Journal of Clinical Epidemiology*, 47, 719-730.
- Stump, T., Clark, D.O., Johnson, R.J., & Wolinsky, F.D. (1997). The structure of health status among Hispanic, African American, and White older adults. *The Journals of Gerontology*, 52B (Special Issue), 49-60.
- Tinetti, M.E., Speechley, M., & Ginter, S.F. (1988). Risk factors for falls among elderly persons living in the community. *New England Journal of Medicine*, 319, 1701-1707.
- Tinetti, M.E., Williams, T.F., & Mayewski, R. (1986). Fall risk index for elderly patients based on number of chronic conditions. *American Journal of Medicine*, 80, 429-434.
- U.S. Bureau of the Census. (1996). *Sixty-five plus in the United States: Current population reports* (P23-190). Washington, DC: U.S. Department of Commerce.
- U.S. Department of Health and Human Services. (1990). *Healthy People 2000: National health promotion and disease prevention objectives* (PHS 91-50213). Washington, DC: U.S. Government Printing Office.
- U.S. Department of Health and Human Services. (1991). *Physical frailty: A reducible barrier to independence for older Americans*. (NIH91-397). Washington, DC: U.S. Government Printing Office.
- U.S. Department of Health and Human Services. (1996). *Physical activity and health: A report of the surgeon general*. Atlanta: U.S. Department of Health and Human

Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion.

U.S. Department of Health and Human Services. (1999). *Healthy People 2000 Review, 1998-99* (PHS 99-1256). Washington, DC: U.S. Government Printing Office.

U.S. Department of Housing and Urban Development. (1999). *Housing our elders*. Washington, DC: Office of Policy Development and Research.

Verfaillie, D.F., Nichols, J.F., Turkel, E., & Hovell, M.F. (1997). Effects of resistance, balance, and gait training on reduction of risk factors leading to falls in elders. *Journal of Aging and Physical Activity*, 5, 213-228.

Warren, B.J., Dotson, R.G., Nieman, D.C., & Butterworth, D.E. (1993). Validation of a 1-mile walk test in elderly women. *Journal of Aging and Physical Activity*, 1, 13-21.

Winnick, J.P., & Short, F.X. (1999). *The Brockport physical fitness test manual*. Champaign, IL: Human Kinetics.