Filling out the PERF-FIT using the app

https://perffit-calculator.shinyapps.io/Calculator_version3/

Use Score form PERF-FIT for app.
- Fill out all the raw values on the paper score form by hand.
- Determine Best score for Item 1-5 and Sum score for item 6-10. *For Running and Stepping the best score is lowest value (is the fastest time)!*
- Use the App to look up the scale scores
    - Enter age and sex in the app
    - Enter raw score per item and click "calculate" to get the scale score that belongs to the entered raw score
    - Write these scales scores for each item on the paper score form.
    - Add up scale scores for items 1-5 on the paper score form, enter this sum in the app to calculate Total Agility Scale
    - Add up scale scores for items 6-10 on the paper score form, enter this sum in the app to calculate Total Skills
    - Add up scale scores for items 1-10 on the paper score form, enter this sum in the app to calculate Total PERF-FIT

PERFFIT Scale Calculator

Sidebar for Long Jump

Enter the name of the child

Piet

Enter the age of the child

12

Select Sex of the child

Male

Enter raw score

140

Change the raw score before the next calculation

Calculate

Reset

The child's name is: Piet
The child's age is: 12
The child's gender is: Male
The child's raw score is: 140

The calculated Long Jump Scale score: 10

Score form PERF-FIT

Name: Date of birth:
Address: Test date:
School: Age:
Examined by: Sex:
Reason for referral: Tested by:

Item				Best or total score	Item Scale Score
Running time (s)	Trial1	Trial 2	Extra trial?		
Running Mistakes (#) Add 0.5 s per mistake	(#)	(#)	(#)	s	1
Stepping time (s)	Trial1	Trial 2	Extra trial?		
Stepping Mistakes (#) Add 0.5 s per mistake	(#)	(#)	(#)	s	2
Side jump (#)	Trial1		Trial 2	#	3
Long jump (cm)	Trial1		Trial 2	cm	4
Overhead throw (cm)	Trial1		Trial 2	cm	5
Total score Agility and Power Items 1-5	Percentile			Total Scaled Score	Sum SS	
10 balls per item	Two hands	Pref hand	Non-Pref	PH clap	NPH clap	Add score of 5 items	
Bouncing (max 50)						#	6
Catching (max 50)						#	7
Static Balance Hug Right (Max 15)	Right Trial1		Right Trial2			s	
Static Balance Hug Left (Max 15)	Left Trial1		Left Trial2			s	

Static Balance Toe Right (Max 15)	Right Trial1		Right Trial2		s	
Static Balance Toe Left (Max 15)	Left Trial1		Left Trial2		s	
Total Static Balance (Max 60 s)	Static Hug R + l +Static Toe R + L				s	8
Dynamic Balance Hug (Max 8)	Trial1		Trial 2		#	
Dynamic Balance Toe (Max 8)	Trial1		Trial 2		#	
Cans R (Max 8) Not able to stand 3 sec on R enter 0	Close		Far		#	
Cans L (Max 8) Not able to stand 3 sec on L enter 0	Close		Far		#	
Total Dynamic Balance (Max 32 points)	Dynamic Hug + Toe + Cans close+ Cans far				#	9
Jump Hop	Every square (8)	Every other (4)	Foam 5cm (4)	Foam 10cm (4)		
Jump Trial1					Total # Jump Max 20	
Jump Trial2						
Hop Right Trial 1					Total # Hop Right Max 20	
Hop Right Trial 2						
Hop Left Trial 1					Total #Hop Left Max 20	
Hop Left Trial 2						
Total Jump Hop (Max 60)	Jump+ Hop right+ Hop left				#	10
Total score Performance Items 6-10	Percentile		Total Scale Score		Sum Scale Score	
Total score PERF-FIT Items 1-10	Percentile		Total Scale Score		Sum Scale Score	

Summary of test observations:

Actions: