

Repeated Sit-to-Stand in One Minute (STS1M)

Method:

- Use a straight back chair with a solid seat that ensures the participant is sitting with their hips and knees at 90 degrees.
- Ask participant to sit on the chair with arms folded across their chest.
- The participant will be instructed to stand up and sit down as quickly as they can repeatedly for one minute, keeping arms crossed.
- Give the instructions to the participant and start the clock when you say go.
- Ensure the participant completes a full stand, with hips and knees straight on each cycle. If they are do not achieve this posture, give encouragement / verbal prompts to do so. If they are unable to achieve this posture for 2 consecutive stands, then stop the test and record the time and maximum number of cycles completed.

Instructions:

“Stand up and sit down as quickly as possible until I tell you to stop, keeping your arms folded across your chest.”

Measurement:

- Count the number of times the participant completes a full cycle – i.e., each time they sit down after standing.
- Mark the total number of stands at minute intervals
- Stop counting when the time reaches 60 seconds or the participant fatigues and is no longer able to continue.

For example:

Time	10 sec	20 sec	30 sec	40 sec	50 sec	60 sec
Total No. STS	5	9	12	15	17	18
Interval difference	-	4	3	3	2	1

Total STS1M: 18