

**原作者及出處 (Original):**

Lieberstein M, Weingarten G, Vialu C, Itzkowitz A, Doyle M, Covino F, Kaplan SL.  
Pediatr Phys Ther. 2018;30(1):18-25. doi: 10.1097/PEP.0000000000000464.

**翻譯者 (Translator):**

劉妍羚

新光醫院物理治療師，臺北，臺灣

**校閱者 (Reviewer):**

劉文瑜

長庚大學物理治療學系副教授，桃園，臺灣

**題目 (Title):**

30 秒行走測試：擴增常模資料

Thirty-Second Walk Test: Expansion of Normative Data.

**摘要中文翻譯**

**目的:**

蒐集大量、多樣化的 5 至 13 歲典型發展學齡兒童之 30 秒行走測試(30-second walk test, 30sWT)的常模資料，並描述性別、身體質量指數和路徑形狀對步行距離的影響。

**方法:**

5 名物理治療師對來自 20 所都會學校的 1223 名典型發展兒童(男孩 517 位，女孩 706 位)進行 30sWT 測試。

**結果:**

平均距離(標準差)範圍為 139.1(20.3)至 163.0(18.6)英尺；10 歲孩子走得最遠，5 歲孩子走得最短。距離從 5 歲到 10 歲穩定地增加，從 11 歲到 13 歲穩定地下降；8 歲，9 歲和 10 歲有統計上，但沒有功能上的性別差異。身體質量指數和路徑形狀無有意義的影響。距離和速度與之前的研究相似。

**結論:**

這項研究是根據大量、種族多樣化的都會典型發展兒童來更新 30sWT 的常模資料。常模可能是綜合檢查中的一部分。

## **Original Abstract**

### **PURPOSE:**

To collect 30-second walk test (30sWT) normative data on a large, diverse sample of school children developing typically, ages 5 to 13 years, and describe the influences of gender, body mass index, and path shape on distance walked.

### **METHODS:**

Five physical therapists administered the 30sWT on 1223 children developing typically (boys = 517, girls = 706) from 20 urban schools.

### **RESULTS:**

Average distances (standard deviation) ranged from 139.1 (20.3) to 163.0 (18.6) ft; children aged 10 years walked the farthest and those aged 5 years the shortest. Distance steadily increased from ages 5 to 10 years, steadily decreased from ages 11 to 13 years; children aged 8, 9, and 10 years had statistical but not functionally meaningful gender differences. Body mass index and path shape had no meaningful effects. Distance and velocities are similar to prior studies.

### **CONCLUSION:**

This study updated 30sWT normative values with a large, ethnically diverse, urban sample developing typically. Norms may be useful as part of a comprehensive examination.

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