

PŘÍLOHY

Příloha č. 1: 6MWT (tabulka) - Chen et al. (2015)

Table 1. Demographic data and 6-minute walking test results in different age groups (n = 762)

Age (year)	n	M/F	Height (cm)	Weight (kg)	BMI (kg/m ²)	Resting SpO ₂ (%)	Lowest SpO ₂ (%)	Resting HR (bpm)	Peak HR (bpm)	6MWD (m)
7	67	32/35	124.6 ± 5.5	26.4 ± 5.8	16.9 ± 2.9	98 ± 1	95 ± 2	105 ± 11	148 ± 14	473 ± 62
8	77	38/39	131.6 ± 5.6	31.9 ± 6.9	18.3 ± 3.1	98 ± 1	95 ± 2	101 ± 17	147 ± 14	477 ± 68
9	76	40/36	135.8 ± 6.3	33.8 ± 9.1	18.1 ± 3.6	98 ± 1	95 ± 3	104 ± 15	150 ± 14	498 ± 57
10	80	41/39	141.7 ± 7.5	36.7 ± 8.8	18.1 ± 3.5	98 ± 1	95 ± 4	102 ± 15	147 ± 16	503 ± 57
11	88	41/47	147.2 ± 6.7	43.1 ± 9.7	19.8 ± 3.9	98 ± 1	95 ± 3	104 ± 17	143 ± 13	509 ± 65
12	85	45/40	153.7 ± 7.9	48.0 ± 10.3	20.2 ± 3.4	98 ± 1	95 ± 2	103 ± 16	139 ± 14	527 ± 71
13	58	26/32	156.6 ± 7.3	50.6 ± 9.4	20.6 ± 3.3	98 ± 1	95 ± 2	100 ± 18	136 ± 15	527 ± 52
14	65	31/34	161.2 ± 8.4	54.8 ± 13.5	21.0 ± 4.1	98 ± 2	94 ± 3	104 ± 19	138 ± 16	530 ± 48
15	62	36/26	165.1 ± 7.2	57.4 ± 12.2	21.0 ± 3.8	98 ± 2	95 ± 3	107 ± 18	138 ± 15	542 ± 54
16	52	27/25	165.6 ± 8.0	59.7 ± 12.1	21.6 ± 3.4	98 ± 1	94 ± 3	102 ± 21	135 ± 14	543 ± 61
17	52	25/27	164.9 ± 8.6	56.7 ± 12.8	20.7 ± 3.4	98 ± 2	94 ± 3	101 ± 16	135 ± 15	545 ± 57
All	762	382/380	148.5 ± 15.3	44.2 ± 14.7	19.5 ± 3.8	98 ± 1	95 ± 3	103 ± 17	142 ± 15	513 ± 64

BMI, body mass index; bpm, beats per minute; F, female; HR, heart rate; M, male; SpO₂, oxygen saturation measured by pulse oximeter; 6MWD, 6-minute walking distance.

Příloha č. 2: 6MWT (tabulka) - Kanburoglu et al. (2014)

Table 1. Demographic, Anthropometric, Physical Features, and 6MWD of the Participants According to Age and Sex

Sex	Age (y)	n	6MWD (m)		Weight (kg)*	Height (cm)*	BMI (kg/m ²)*	Before Test			After Test			
			Mean ± SD	Min				Max	Pulse (beats/min)	BP (mm Hg)		Pulse (beats/min)	BP (mm Hg)	
										Systolic	Diastolic		Systolic	Diastolic
Female	12	108	604 ± 77	300	750	46 ± 10	152 ± 7	19.92 ± 3.6	91 ± 15	101 ± 11	67 ± 10	105 ± 17	104 ± 13	66 ± 12
	13	54	537 ± 79	360	710	51 ± 10	158 ± 6	20.39 ± 3.5	88 ± 11	102 ± 14	65 ± 10	97 ± 13	105 ± 12	67 ± 9
	14	63	502 ± 88	330	740	57 ± 11	161 ± 6	21.83 ± 3.8	87 ± 14	105 ± 11	66 ± 10	98 ± 15	109 ± 10	70 ± 8
	15	95	508 ± 99	360	810	55 ± 10	162 ± 6	20.82 ± 3.2	81 ± 12	111 ± 11	70 ± 11	99 ± 17	110 ± 11	69 ± 11
	16	90	516 ± 92	345	840	58 ± 8	164 ± 6	21.56 ± 2.9	84 ± 15	106 ± 13	67 ± 11	94 ± 17	110 ± 11	70 ± 10
	17	48	541 ± 103	366	850	56 ± 9	162 ± 6	21.40 ± 3.3	86 ± 12	108 ± 17	70 ± 12	95 ± 16	107 ± 16	68 ± 13
Male	18	9	561 ± 92	420	660	54 ± 10	162 ± 7	20.67 ± 3.1	91 ± 15	112 ± 10	71 ± 16	97 ± 12	108 ± 11	70 ± 14
	12	112	608 ± 95	312	840	48 ± 11	151 ± 7	20.76 ± 3.7	89 ± 13	101 ± 11	66 ± 8	101 ± 15	104 ± 10	69 ± 9
	13	42	586 ± 89	444	870	50 ± 12	157 ± 9	20.15 ± 3.2	92 ± 14	105 ± 11	65 ± 9	100 ± 19	105 ± 11	66 ± 9
	14	43	528 ± 89	240	720	63 ± 12	167 ± 7	22.40 ± 4.0	86 ± 11	112 ± 15	71 ± 11	98 ± 20	116 ± 14	73 ± 10
	15	123	542 ± 87	300	815	61 ± 12	172 ± 8	20.60 ± 3.4	83 ± 11	114 ± 12	70 ± 9	94 ± 16	118 ± 12	73 ± 11
	16	77	545 ± 112	300	780	65 ± 10	176 ± 7	20.85 ± 2.6	86 ± 11	115 ± 10	72 ± 9	93 ± 14	116 ± 14	73 ± 16
	17	55	543 ± 124	252	930	71 ± 13	178 ± 7	22.40 ± 3.5	84 ± 11	119 ± 10	75 ± 9	92 ± 16	119 ± 16	76 ± 14
	18	30	541 ± 109	363	735	70 ± 11	177 ± 8	22.47 ± 2.7	83 ± 10	118 ± 8	76 ± 9	92 ± 17	115 ± 14	73 ± 10

* Mean ± SD.
6MWD = 6-min walk distance
BMI = body mass index
BP = blood pressure

Příloha č. 3: 6MWT (tabulka) - Geiger et al. (2007)

Table III. Six-minute walk distances in meters according to sex and age category in healthy children and adolescents

Sex	Age category	n	Median (range)	95% reference range	Mean \pm SD	95% CI
Male	3 to 5 y	22	544.3 (318.0-680.6)	319.7-680.6	536.5 \pm 95.6	494.1-578.9
	6 to 8 y	66	584.0 (455.0-692.0)	471.0-659.3	577.8 \pm 56.1	564.0-591.6
	9 to 11 y	57	667.3 (540.2-828.0)	556.2-801.5	672.8 \pm 61.6	656.5-689.2
	12 to 15 y	80	701.1 (276.1-861.0)	600.7-805.3	697.8 \pm 74.7	681.2-714.4
	16 y or older	55	727.6 (569.0-865.3)	616.9-838.4	725.8 \pm 61.2	709.3-742.4
Female	3 to 5 y	25	492.4 (352.0-713.3)	364.5-692.7	501.9 \pm 90.2	464.7-539.1
	6 to 8 y	46	578.3 (406.0-707.2)	448.8-693.9	573.2 \pm 69.2	552.7-593.8
	9 to 11 y	62	655.8 (548.0-818.0)	572.0-760.5	661.9 \pm 56.7	647.4-676.3
	12 to 15 y	71	657.6 (485.5-785.0)	575.2-746.5	663.0 \pm 50.8	651.0-675.0
	16 y or older	44	660.9 (557.0-774.3)	571.2-756.2	664.3 \pm 49.5	649.3-679.3

Příloha č. 4: 6MWT (tabulka) - Goemans et al. (2013a)

Table 1. Participants characteristics, six-minute walk distance and velocity according to age and height categories (Mean values \pm standard deviation).

		N	Age (y)	Height (cm)	Weight (kg)	Distance (m)	Velocity (m/min)	
Age	5 years	57	5.6 \pm 0.3	115 \pm 5.69	20.7 \pm 2.5	478.0 \pm 44.1	79.7 \pm 7.4	
	6 years	52	6.5 \pm 0.3	121 \pm 6.13	23.6 \pm 3.2	516.1 \pm 61.8	86.0 \pm 10.3	
	7 years	56	7.5 \pm 0.3	127 \pm 4.41	25.8 \pm 3.4	559.2 \pm 65.4	93.2 \pm 10.9	
	8 years	55	8.5 \pm 0.3	133 \pm 5.93	29.0 \pm 4.2	604.3 \pm 72.0	100.7 \pm 12.0	
	9 years	60	9.5 \pm 0.3	139 \pm 5.61	32.8 \pm 6.0	595.7 \pm 69.0	99.3 \pm 11.5	
	10 years	53	10.5 \pm 0.3	144 \pm 7.28	35.5 \pm 6.2	633.1 \pm 70.0	105.5 \pm 11.6	
	11 years	61	11.4 \pm 0.3	148 \pm 6.73	39.5 \pm 7.8	625.9 \pm 83.0	104.3 \pm 13.8	
	12 years	48	12.5 \pm 0.3	154 \pm 6.74	46.7 \pm 7.3	650.0 \pm 76.8	108.3 \pm 12.8	
	Height	105–114 cm	43	5.7 \pm 0.4	111 \pm 2.43	19.4 \pm 1.9	468.6 \pm 46.5	78.1 \pm 7.8
		115–124 cm	70	6.6 \pm 0.9	120 \pm 2.83	23.1 \pm 1.9	529.0 \pm 65.6	88.2 \pm 10.9
		125–134 cm	104	8.0 \pm 1.1	129 \pm 3.09	27.3 \pm 3.6	576.5 \pm 67.8	96.1 \pm 11.3
		135–144 cm	100	9.8 \pm 1.2	140 \pm 2.83	32.7 \pm 4.2	605.3 \pm 73.3	100.9 \pm 12.2
145–154 cm		89	11.2 \pm 0.7	149 \pm 2.64	40.6 \pm 6.5	631.6 \pm 80.2	105.3 \pm 13.4	
	>155 cm	36	12.1 \pm 0.7	159 \pm 4.65	49.3 \pm 7.1	651.2 \pm 88.3	108.5 \pm 14.7	
TOTAL		442	9.0 \pm 2.3	135 \pm 14.16	31.5 \pm 9.63	582.2 \pm 88.2	97.0 \pm 14.7	

Příloha č. 5: 6MWT (tabulka) - Goemans et al. (2013b)

Table 3

Mean values (standard deviation) of the 6MWT distance and velocity for test and retest, the difference scores for 6MWT distance between test and retest. And standard error of measurement (SEM) and smallest detectable difference (SDD) for the total group and for the four age categories. Lower part of table shows results at half-way of the 6MWT (i.e. at 3 min) for traveled distance (3MWD) and velocity (in m or m/min and as % of results obtained after complete test/6 min).

Age	Total group	5–6 years	7–8 years	9–10 years	11–12 years
N	90	22	24	25	19
<i>Distance and velocity at 6 min</i>					
Distance test (m)	555.5 \pm 93	461.3 \pm 39.4	547.9 \pm 68.9	576.8 \pm 60.4	646.1 \pm 99.0
Distance retest (m)	553.6 \pm 92.5	458.1 \pm 34.1	543.4 \pm 74.0	565.0 \pm 54.3	648.0 \pm 96.1
Velocity test (m/min)	92.6	76.9	91.3	96.1	107.7
Velocity retest	91.3	76.4	90.6	94.2	108.0
SEM (m)	20.7	16.3	24.5	16.2	23.6
SDD (m)	57.4	45.2	68.0	44.8	65.3
Test–retest (m)	5.16	3.7	4.5	12.4	–1.8
<i>Distance and velocity at 3 min</i>					
Distance test (m)	281.8 \pm 48.3	233.0 \pm 19.2	280.7 \pm 37.7	293.6 \pm 34.4	324.3 \pm 52.0
% of 6MWD	50.7	50.5	51.2	50.9	50.2
Velocity test (m/min)	94.3	77.7	93.6	97.9	108.1
% of Velocity in 6MWT	102	101	102	102	100

Příloha č. 6: 6MWT (tabulka) - Gatica et al. (2012)

Tabla 3. Distancia recorrida en el TM6 según edad y sexo

	6 años	7 años	8 años	9 años	10 años	11 años	12 años	13 años	14 años
Mujeres	562,5 ± 39,1	568,2 ± 31,6	556,5 ± 48,9***	575,7 ± 53,2	585,7 ± 28,7	606,7 ± 60,3	629,4 ± 20,3	631,4 ± 50,2***	638,5 ± 20,9
Hombres	562 ± 43,1	597,11 ± 33,6	605,8 ± 62,2***	611,4 ± 47	618,7 ± 67,5	608,7 ± 35,9	636,1 ± 47,3	673,9 ± 45***	674,3 ± 54,2
Total	562,3 ± 39,8	580,9 ± 34,7	580,1 ± 59,9	587,6 ± 52,8	603,7 ± 55	607,8 ± 47,3	633 ± 36,8	650,3 ± 51,8	657,2 ± 44,7

Příloha č. 7: 6MWT (tabulka) - Klepper & Muir (2011)

TABLE 2

Subject Characteristics (Mean ± SD) for the Full Sample and by Age Group

Age (y)	Height (m)		Weight (kg)		Leg Length (cm)		BMI (kg/m ²)		6MWD (m)	
	N	Mean ± SD	N	Mean ± SD or Median (IQR) ^a	N	Mean ± SD	N	Mean ± SD	N	Mean ± SD
7-8	20 T	1.32 ± 0.08	20 T	31.52 ± 8.99	20 T	70.79 ± 4.89	20 T	18.15 ± 4.02	28 T	527.09 ± 64.2
	14 F	1.30 ± 0.07	14 F	29.77 (10.9) ^a	14 F	70.61 ± 4.9	14 F	17.48 (5.23) ^a	14 F	519.64 ± 69.31
9	6 M	1.31 ± 0.08	6 M	29.24 ± 4.7	6 M	71.21 ± 5.28	6 M	16.65 ± 1.48	14 M	534.54 ± 60.3
	20 T	1.35 ± 0.06	19 T	34.14 ± 8.5	18 T	72.45 ± 4.41	19 T	18.73 ± 3.86	27 T	531.66 ± 80.27
10	12 F	1.35 ± 0.07	11 F	30.91 (15.30) ^a	11 F	72.32 ± 4.77	11 F	18.2 ± 3.6	16 F	542.54 ± 80.25
	8 M	1.36 ± 0.05	8 M	35.94 ± 9.24	7 M	72.66 ± 4.14	8 M	19.39 ± 4.35	11 M	515.83 ± 81.4
11	32 T	1.44 ± 0.08	32 T	45.1 ± 9.88	31 T	78.12 ± 5.17	32 T	21.6 ± 3.5	35 T	497.15 ± 66.81
	21 F	1.44 ± 0.07	21 F	42.91 ± 8.97	21 F	77.2 (5.83) ^a	21 F	20.92 ± 3.28	22 F	496.69 ± 63.98
All	11 M	1.45 ± 0.10	11 M	50 (23.48) ^a	10 M	78.8 ± 6.9	11 M	22.52 ± 3.93	13 M	497.94 ± 74.03
	8 T	1.50 ± 0.03	8 T	42.1 ± 7.46	8 T	81.06 ± 2.61	8 T	18.81 ± 3.45	8 T	533.63 ± 85.42
All	4 F	1.50 ± 0.04	4 F	43.24 ± 10.52	4 F	81.1 ± 1.4	4 F	19.16 ± 4.9	4 F	532.33 ± 92.25
	4 M	1.50 ± 0.03	4 M	40.97 ± 3.95	4 M	81.01 ± 3.73	4 M	18.46 ± 1.84	4 M	534.93 ± 88.90
All	80 T	1.39 ± 0.09	79 T	35.23 (15.67) ^a	77 T	75.19 ± 5.95	79 T	18.52 (6.50) ^a	100 T	518.50 ± 72.56
	51 F	1.38 ± 0.09	50 F	34.77 (15.95) ^a	50 F	74.84 ± 5.7	50 F	19.56 ± 3.92	57 F	518.32 ± 73.16
	29 M	1.40 ± 0.10	29 M	39.84 ± 11.33	27 M	75.85 ± 6.5	29 M	18.65 (6.82) ^a	43 M	518.73 ± 72.61

Abbreviations: 6MWD, 6-minute walk distance; IQR, interquartile range.

^aSkewed data is presented as the median (Interquartile range); T = total sample; F = Female; M = Male.

Příloha č. 8: 6MWT (tabulka) - Priesnitz et al. (2009)

TABLE 1— Characterization of the Sample and Behavior of the Main Variables Studied According to Age

Age (years)	6	7	8	9	10	11	12	Total
Boys/girls	12/12	13/12	12/12	13/15	13/19	16/14	13/12	92/96
Weight (kg)	25.7 ± 4.7	27.6 ± 5.2	33.03 ± 6	33.6 ± 6.8	38.6 ± 8.7	45.7 ± 10.6	47.2 ± 12.0	36.3 ± 11.2
Height (m)	1.2 ± 0.06	1.2 ± 0.1	1.3 ± 0.1	1.3 ± 0.1	1.4 ± 0.1	1.5 ± 0.1	1.5 ± 0.1	1.4 ± 0.1
BMI	16.9 ± 1.9	17.2 ± 2.2	18.3 ± 2.4	17.3 ± 2.2	18.8 ± 3.1	20.1 ± 3.3	20.3 ± 3.5	18.5 ± 3.0
Pre-test values								
HR (bpm)	93.8 ± 14.5	97.8 ± 14.7	95.5 ± 16.1	92.6 ± 13.1	92.7 ± 13.9	83.1 ± 13.3	81.9 ± 13.4	90.9 ± 15.0
SpO ₂ (%)	99 ± 0.8	98.6 ± 0.9	98.8 ± 0.7	98.9 ± 0.7	98.9 ± 1.3	98.8 ± 0.8	98.2 ± 3.2	98.8 ± 1.5
Borg ¹	0 (0–1.75)	0 (0–1.0)	0.5 (0–1.0)	0.25 (0–1.75)	0.25 (0–1.0)	0 (0–1.0)	0 (0–2.0)	0 (0–1.0)
RRFR (ipm)	20.4 ± 2.6	21.6 ± 3.1	21.1 ± 3.5	21.1 ± 4.2	20.9 ± 3.2	19.6 ± 4.3	17.8 ± 2.3	20.4 ± 3.6
PAS (mmHg)	106.2 ± 8.7	103 ± 8.4	103.7 ± 12.6	109.6 ± 9.6	108.4 ± 10.1	110.8 ± 9.2	117.6 ± 9.6	108.6 ± 10.7
PAD (mmHg)	67.5 ± 10.7	63.8 ± 7.8	64.3 ± 8.6	68.9 ± 9.1	67.8 ± 7.9	69.6 ± 8.5	74.4 ± 11.2	68.1 ± 9.5
Post-test values								
HR (bpm)	110.1 ± 16.8	112.2 ± 17.8	115.5 ± 29.9	117.2 ± 20.2	117.8 ± 19.6	110.0 ± 9.2	103.2 ± 25.8	112.6 ± 21.8
SpO ₂ (%)	98.7 ± 0.8	98.2 ± 1.1	97.9 ± 0.7	98.3 ± 0.9	98.2 ± 0.8	98.3 ± 0.8	98.4 ± 1.1	98.3 ± 1.0
Borg ¹	4.5 (3.0–7.0)	3.0 (0.5–6.5)	3.5 (1.0–7.0)	3.0 (2.0–5.0)	3.0 (1.0–5.75)	4.0 (2.0–5.0)	2.0 (2.0–4.0)	3 (2–5)
RR (ipm)	24 ± 3.8	24.6 ± 5.4	24.2 ± 3.7	25.3 ± 6.0	23.5 ± 4.7	23.4 ± 4.6	21.9 ± 5.4	23.9 ± 4.9
SBP (mmHg)	113.7 ± 9.2	108.8 ± 7.2	107.7 ± 13.5	120.8 ± 13.1	115 ± 13.4	119.6 ± 11.2	128.4 ± 11.1	116.5 ± 13.1
DBP (mmHg)	71.6 ± 10	62.4 ± 8.1	65.2 ± 7.7	69.6 ± 10.3	65.7 ± 8.9	67.1 ± 11.2	76 ± 12.9	68.2 ± 10.7
DWT1 (m)	508.3 ± 54	550.2 ± 61.6	556.7 ± 67.2	594.2 ± 60.6	602.4 ± 61.1	608.0 ± 54.3	618.1 ± 51.4	579.4 ± 68.1
DWT2 (m)	501.7 ± 67.7	517.7 ± 84.7	570.3 ± 64.1	578.3 ± 68.5	596.6 ± 59.5	610.2 ± 55.7	603.1 ± 59.1	571.3 ± 75.4
DIF HR	16.3 ± 16.9	14.3 ± 20.8	20 ± 28.4	24.6 ± 22.4	25.1 ± 20.1	26.9 ± 19.1	21.3 ± 24.5	21.6 ± 22.0

BMI, body mass index; HR, heart rate; bpm, beats per minute; SpO₂, peripheral oxygen saturation; Borg, modified Borg scale; RR, respiratory rate; ipm, inspirations per minute; SBP, systolic blood pressure; DBP, diastolic blood pressure; DWT1, distance walked in first test; DWT2, distance walked in second test; DIF HR, difference in heart rate.

Values are presented as mean ± SD. The pre- and post-test variables refer to the first walk test.

¹Data are presented as median and interquartile interval.

Příloha č. 9: 6MWT (tabulka) - Ulrich et al. (2013)

Table 2 Age stratified characteristics and Six-minute walk test

Sex	Age category (year)	n (%)	Height (cm)	Weight (kg)	BMI (kg/m ²)*	6MWT (m)*	Before 6MWT		After 6MWT	
							MAP (mmHg)*	HR (bpm)*	MAP* (mmHg)	HR* (bpm)
Male	5	19 (8)	113 ± 6	20 ± 3	15.5 ± 2.3	494 ± 60	70 ± 7	104 ± 19	77 ± 8	132 ± 20
	6	22 (9)	123 ± 5	23 ± 3	14.8 ± 1.6	535 ± 73	72 ± 8	100 ± 15	80 ± 10	122 ± 30
	7	19 (8)	128 ± 6	26 ± 4	15.8 ± 1.7	603 ± 51	74 ± 5	96 ± 15	83 ± 6	131 ± 21
	8	22 (9)	133 ± 7	29 ± 4	16.1 ± 1.1	596 ± 59	79 ± 8	96 ± 17	85 ± 10	129 ± 21
	9	18 (7)	138 ± 6	32 ± 4	16.6 ± 1.6	627 ± 70	77 ± 7	94 ± 12	84 ± 9	138 ± 19
	10	19 (8)	144 ± 7	38 ± 8	18.2 ± 2.5	655 ± 53	82 ± 9	97 ± 14	95 ± 7	141 ± 25
	11	23 (9)	148 ± 6	40 ± 10	18.1 ± 3.8	624 ± 87	80 ± 9	94 ± 12	88 ± 10	139 ± 20
	12	20 (8)	156 ± 9	46 ± 10	18.4 ± 2.6	685 ± 74	82 ± 7	93 ± 9	89 ± 9	145 ± 30
	13	21 (9)	162 ± 9	51 ± 10	19.5 ± 2.9	639 ± 49	83 ± 9	96 ± 15	87 ± 8	129 ± 18
	14	20 (8)	169 ± 6	56 ± 10	19.7 ± 2.8	684 ± 81	86 ± 9	98 ± 20	94 ± 6	138 ± 25
	15	20 (8)	176 ± 7	65 ± 13	20.9 ± 3.8	690 ± 71	92 ± 10	103 ± 24	100 ± 9	141 ± 24
	16	21 (9)	180 ± 9	68 ± 13	20.9 ± 3.2	680 ± 55	93 ± 10	88 ± 16	100 ± 10	135 ± 28
	5	19 (8)	115 ± 5	19 ± 3	14.5 ± 1.5	506 ± 39	71 ± 7	95 ± 17	77 ± 6	129 ± 17
	6	21 (8)	118 ± 6	21 ± 4	14.7 ± 1.6	546 ± 51	69 ± 6	94 ± 21	79 ± 8	137 ± 17
	7	19 (8)	128 ± 6	26 ± 5	16 ± 2.4	586 ± 59	71 ± 8	99 ± 14	82 ± 7	132 ± 20
8	21 (8)	133 ± 7	29 ± 6	16.5 ± 1.9	612 ± 40	78 ± 7	96 ± 17	84 ± 12	130 ± 17	
9	18 (7)	138 ± 5	32 ± 4	16.4 ± 1.8	606 ± 52	77 ± 11	96 ± 19	87 ± 9	139 ± 18	
Female	10	22 (9)	146 ± 7	37 ± 8	17.5 ± 3.0	638 ± 63	78 ± 9	98 ± 14	82 ± 11	140 ± 22
	11	20 (8)	150 ± 8	38 ± 10	16.7 ± 2.6	636 ± 54	80 ± 7	91 ± 17	83 ± 8	148 ± 19
	12	20 (8)	154 ± 8	46 ± 9	19.5 ± 2.7	672 ± 55	82 ± 8	94 ± 12	92 ± 9	153 ± 21
	13	27 (11)	163 ± 7	52 ± 10	19.6 ± 3.1	622 ± 76	82 ± 9	96 ± 14	88 ± 9	135 ± 25
	14	23 (9)	165 ± 7	56 ± 8	20.8 ± 2.4	622 ± 64	85 ± 7	90 ± 18	90 ± 10	132 ± 24
	15	22 (9)	163 ± 6	55 ± 10	20.5 ± 2.9	626 ± 49	89 ± 12	97 ± 19	95 ± 12	139 ± 20
	16	20 (8)	168 ± 7	62 ± 9	21.8 ± 2.4	629 ± 52	85 ± 8	88 ± 14	97 ± 10	134 ± 17

Age stratified characteristics and 6-minute walking test in male and female participants. * Values presented as mean ± SD. BMI (kg/m²), Body mass index, MAP mean arterial blood pressure (mmHg); HR Heart rate (beats/minute); SpO₂ Transcutaneous oxygen saturation (%), 6MWT, 6-minute walk test.

Příloha č. 10: 6MWT (tabulka) - Saad et al. (2009)

TABLE 1— Anthropometric, Spirometric and 6-min Walk Test (6-MWT) Data in Different Age Groups (n=200)

	6-7 years		8-9 years		10-11 years		12-13 years		14-15 years		16 years	
	Girls (n=16)	Boys (n=16)	Girls (n=16)	Boys (n=16)	Girls (n=21)	Boys (n=16)	Girls (n=21)	Boys (n=21)	Girls (n=19)	Boys (n=21)	Girls (n=7)	Boys (n=10)
Weight (kg)	24 ± 4	22 ± 2	30 ± 5	29 ± 4	32 ± 6	32 ± 4	46 ± 9	44 ± 6	54 ± 10	54 ± 9	58 ± 5	57 ± 4
Height (m)	1.23 ± 0.07	1.15 ± 0.04*	1.32 ± 0.06	1.30 ± 0.06	1.40 ± 0.05	1.42 ± 0.05	1.55 ± 0.06	1.50 ± 0.11	1.59 ± 0.07	1.62 ± 0.08*	1.64 ± 0.08	1.69 ± 0.07*
BMI (kg m ⁻²)	16 ± 2	17 ± 2	17 ± 2	17 ± 2	17 ± 2	16 ± 1	19 ± 3	20 ± 3	21 ± 3	20 ± 2	22 ± 2	20 ± 2
BSA (m ²)	0.56 ± 0.08	0.51 ± 0.04*	0.67 ± 0.09	0.64 ± 0.07	0.74 ± 0.10	0.74 ± 0.07	0.99 ± 0.15	0.94 ± 0.11	1.12 ± 0.17	1.12 ± 0.16	1.19 ± 0.10	1.19 ± 0.08
FVC (%predicted)	97 ± 15	97 ± 25	97 ± 11	95 ± 8	93 ± 10	91 ± 10	90 ± 9	96 ± 23	98 ± 11	92 ± 13	101 ± 11	100 ± 11
FEV ₁ (%predicted)	103 ± 14	103 ± 24	100 ± 11	102 ± 9	97 ± 9	93 ± 11	95 ± 12	98 ± 24	103 ± 10	98 ± 13	109 ± 10	104 ± 9
FEV ₁ /FVC	0.95 ± 0.04	0.94 ± 0.04	0.92 ± 0.05	0.94 ± 0.06	0.92 ± 0.06	0.90 ± 0.06	0.93 ± 0.07	0.89 ± 0.05*	0.93 ± 0.05	0.92 ± 0.06	0.94 ± 0.03	0.91 ± 0.05
FEF ₂₅₋₇₅ (%predicted)	113 ± 33	115 ± 33	98 ± 25	120 ± 28*	102 ± 25	96 ± 25	106 ± 25	101 ± 28	110 ± 20	117 ± 26	123 ± 13	120 ± 23
PEF (%predicted)	108 ± 22	117 ± 34	102 ± 18	110 ± 22	86 ± 14	84 ± 17	91 ± 19	94 ± 23	101 ± 17	96 ± 19	100 ± 15	101 ± 17
Hr ₁ (beats/min)	96 ± 7	86 ± 10*	87 ± 9	91 ± 13	84 ± 9	87 ± 10	86 ± 10	84 ± 10	83 ± 9	80 ± 11	88 ± 13	76 ± 13
Hr ₂ (%predicted)	47 ± 3	42 ± 5*	42 ± 4	44 ± 6	41 ± 4	43 ± 5	43 ± 5	41 ± 5	41 ± 5	40 ± 5	44 ± 7	38 ± 7
Hr ₂ (beats/min)	134 ± 21	116 ± 12*	144 ± 24	124 ± 22*	143 ± 21	124 ± 25*	160 ± 21	132 ± 22*	159 ± 13	132 ± 21*	161 ± 20	132 ± 24*
Hr ₂ (%predicted)	65 ± 10	56 ± 6*	70 ± 12	61 ± 11*	70 ± 10	61 ± 12*	79 ± 10	66 ± 11*	79 ± 6	66 ± 11*	81 ± 10	66 ± 12*
sat ₁ (%)	98 ± 1	97 ± 2	98 ± 1	98 ± 1	98 ± 1	98 ± 1	98 ± 1	98 ± 1	98 ± 1	98 ± 1	98 ± 1	98 ± 1
sat ₂ (%)	98 ± 1	96 ± 2*	98 ± 1	98 ± 1	98 ± 1	99 ± 1*	97 ± 1	98 ± 1	98 ± 1	97 ± 1	98 ± 1	98 ± 0
SP ₁ (mmHg)	98 ± 11	82 ± 7*	103 ± 11	96 ± 16	102 ± 10	101 ± 11	111 ± 8	105 ± 13	114 ± 7	105 ± 11*	117 ± 11	109 ± 10
SP ₂ (mmHg)	122 ± 13	95 ± 10*	128 ± 18	112 ± 15*	133 ± 19	116 ± 15*	148 ± 14	126 ± 22*	162 ± 15	129 ± 21*	161 ± 18	129 ± 21
DP ₁ (mmHg)	62 ± 11	47 ± 6*	66 ± 9	54 ± 12*	65 ± 10	62 ± 13	73 ± 9	65 ± 13*	77 ± 7	64 ± 10*	77 ± 8	69 ± 11
DP ₂ (mmHg)	74 ± 10	57 ± 8*	76 ± 7	62 ± 11*	75 ± 10	71 ± 10	80 ± 8	70 ± 11*	84 ± 9	68 ± 9*	80 ± 9	74 ± 10
6-MWD (m)	616 ± 53	543 ± 33*	648 ± 63	667 ± 53	693 ± 61	715 ± 31	757 ± 51	725 ± 68	718 ± 41	793 ± 84*	730 ± 43	799 ± 54*
6-MWD (%predicted)	101 ± 9	94 ± 7*	100 ± 9	104 ± 8	100 ± 9	101 ± 4	102 ± 6	100 ± 10	96 ± 5	103 ± 9*	95 ± 7	100 ± 5

Data are mean ± SD.

BMI, body mass index; BSA, body surface area; FVC, forced vital capacity; FEV₁, forced expiratory volume in one second; FEF, forced mid-expiratory flow; PEF, peak expiratory flow; %predicted, value expressed as a percentage of the local spirometric reference value; Hr, heart rate; Hr (%predicted), Hr expressed as a percentage of the predicted maximal Hr; 6-MWD (m), measured 6-min walk distance; 6-MWD (%predicted), 6-MWD expressed as a percentage of the predicted one from our simplified reference equation; sat, Oxy-hemoglobin saturation; SP, systolic pressure; DP, diastolic pressure; ₁, Before 6-MWT, ₂, After 6-MWT.

*P < 0.05: boys vs. girls.

Příloha č. 11: 6MWT (tabulka) - Rahman & Alnegimshi (2014)

Table 3: Six-minute walk distance* according to age.

Age (Years)	Mean	Standard Deviation	Minimum	Maximum
6	543.68	44.77	420.00	621.00
7	564.26	51.30	480.00	669.00
8	586.03	41.42	510.00	687.00
9	600.86	57.12	477.00	705.00
10	647.95	53.56	519.00	755.00
11	643.52	51.10	558.00	720.00
Total	595.77	61.35	420.00	755.00

N: Number of students.

*: Measured in meter.

Příloha č. 12: 6MWT (tabulka) - Oliveira et al. (2013)

TABLE 2— Data of Distance Walked in Meters and Index of Work According to Age and Gender in Healthy Children and Adolescents

	6-7 years		8-9 years		10-11 years		12-13 years	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
6MWT (m)	622.2 ± 60.0	608.3 ± 75.6	688.4 ± 44.4	698.5 ± 50.2	747.2 ± 59.3	701.9** ± 44.0	764.7 ± 54.9	709.7** ± 51.7

6MWT: the longer walking distance out of the two tests.

**P < 0.001 between genders.

Příloha č. 13: TUG chlapci (tabulka) - Marchese et al. (2012)

TABLE 5
Median and Ranges for Males

Age, y	TUDS Time, s	TUDS HR	TUDS RPE	TUG Time, s	TUG HR	TUG RPE	9-min Run/Walk Total in Feet	9-min Run/Walk HR	9-minute RPE	9-min PCI	FMA Total
10	6.10 (5.13-6.28)	147 (118-167)	8 (6-11)	3.55 (3.19-4.14)	123 (85-144)	6 (6-9)	3965 (3221-4682)	179 (161-250)	14 (9-19)	.57 (.42-.94)	53 (50-61)
11	5.91 (5.07-6.97)	136 (96-167)	6 (6-11)	3.48 (2.68-4.52)	122 (46-167)	6 (6-9)	4220 (2724-5018)	171 (96-209)	10 (6-17)	.58 (.03-.95)	61 (51-67)
12	5.85 (4.51-7.47)	132 (100-161)	6 (6-8)	3.66 (3.02-4.65)	123 (79-141)	6 (6-7)	4385 (2888-5070)	188 (125-207)	10 (6-19)	.69 (.29-1.12)	57 (47-68)
13	5.83 (3.82-7.11)	125 (62-181)	6 (6-8)	3.33 (2.87-4.49)	122 (75-150)	6 (6-7)	4511 (2860-5200)	172 (141-203)	13 (6-20)	.63 (.31-1.02)	59 (54-64)
14	5.72 (4.59-6.72)	122 (88-188)	6 (6-8)	3.53 (2.79-4.20)	107 (82-141)	6 (6-8)	4810 (4160-5805)	187 (141-214)	13 (6-18)	.58 (.30-.88)	60 (56-64)
15	6.50 (4.71-8.67)	129 (98-180)	6 (6-8)	3.59 (2.69-4.70)	113 (75-155)	6 (6-9)	4023 (2340-6061)	167 (122-195)	12 (4-18)	.56 (.34-.91)	59 (50-66)
16	5.98 (5.02-7.89)	122 (71-145)	6 (6-8)	3.40 (2.66-4.72)	113 (65-173)	6 (6-10)	5200 (1950-6463)	165 (73-204)	12 (6-16)	.50 (.24-.69)	61 (55-66)
17	5.86 (4.81-8.82)	116 (87-161)	6 (6-8)	3.53 (2.52-4.41)	108 (74-132)	6 (6-8)	4384 (1950-5929)	154 (65-214)	11 (6-17)	.45 (.03-.81)	63 (55-67)
18	5.79 (5.10-9.04)	129 (94-161)	6 (6-13)	3.47 (3.07-5.12)	115 (87-136)	6 (6-12)	4183 (2665-7102)	167 (112-205)	10 (6-19)	.55 (.36-.95)	60 (52-65)
19	5.48 (4.77-6.12)	129 (88-188)	6 (6-9)	3.32 (2.37-9.95)	120 (78-145)	6 (6-8)	4669 (2730-7564)	169 (103-205)	11 (6-14)	.57 (.34-1.02)	61 (53-66)
20	5.93 (4.71-9.57)	123 (70-159)	7 (6-9)	3.61 (2.87-5.07)	108 (82-138)	6 (6-11)	4767 (2210-5984)	170 (110-196)	13 (6-16)	.56 (.16-1.04)	61 (55-67)
21	5.92 (5.24-8.20)	125 (94-155)	7 (6-9)	3.59 (2.78-6.22)	120 (83-161)	7 (6-11)	4580 (3085-5736)	164 (100-205)	13 (7-17)	.55 (.14-.92)	58 (52-66)

Abbreviations: FMA, Functional Mobility Assessment; HR, Heart Rate; TUG, Timed Up and Go; PCI, Physiologic Cost Index; RPE, Rate of Perceived Exertion; TUDS, Timed Up and Down Stairs.

Příloha č. 14: TUG dívky (tabulka) - Marchese et al. (2012)

TABLE 4
Median and Ranges for Females

Age, y	TUDS Time, s	TUDS HR	TUDS RPE	TUG Time, s	TUG HR	TUG RPE	9-min Run/Walk Total in Feet	9-min Run/Walk HR	9-min RPE	9-min PCI	FMA Total
10	6.41 (5.47-7.47)	190 (132-161)	7 (6-11)	4.40 (3.27-5.29)	132 (115-155)	6 (6-8)	3457 (3057-5005)	192 (161-200)	15 (9-18)	.63 (.36-.70)	52 (49-58)
11	6.04 (5.33-7.49)	132 (66-167)	6 (6-9)	3.80 (3.28-5.89)	118 (44-161)	6 (6-9)	3723 (3120-4887)	170 (135-205)	10 (6-18)	.54 (.20-.90)	60 (51-66)
12	6.02 (4.94-8.39)	136 (99-167)	7 (6-9)	3.78 (3.13-9.09)	125 (70-153)	6 (6-8)	4048 (3250-5160)	188 (83-214)	13 (8-20)	.68 (.02-1.06)	58 (48-67)
13	6.08 (5.31-7.19)	125 (96-161)	6 (6-11)	3.95 (3.36-5.54)	114 (78-241)	6 (6-7)	3884 (2860-4940)	174 (111-196)	13 (7-19)	.57 (.02-.95)	60 (54-65)
14	6.67 (5.06-8.13)	129 (61-180)	6 (6-11)	3.95 (2.79-6.89)	112 (67-144)	6 (6-8)	3975 (2210-5207)	170 (118-205)	12 (6-17)	.61 (.27-.90)	61 (50-67)
15	6.43 (5.44-9.15)	132 (90-155)	6 (6-10)	3.89 (3.47-5.48)	115 (74-141)	6 (6-7)	3640 (2210-5200)	161 (84-196)	10 (6-19)	.64 (.11-1.04)	60 (54-68)
16	6.34 (5.29-8.04)	125 (102-188)	6 (6-9)	3.79 (3.21-4.55)	114 (83-212)	6 (6-8)	3918 (1950-5107)	167 (116-205)	11 (6-15)	.67 (.29-1.32)	59 (53-66)
17	5.92 (5.34-7.88)	125 (96-145)	6 (6-9)	3.73 (2.55-4.42)	122 (94-132)	6 (6-9)	4030 (2210-4885)	167 (118-196)	12 (6-17)	.59 (.24-1.01)	60 (56-63)
18	6.37 (5.03-8.59)	139 (73-180)	7 (6-11)	4.01 (2.92-5.32)	120 (65-190)	7 (6-10)	4301 (2093-5485)	181 (132-196)	12.5 (6-19)	.69 (.44-.95)	57 (46-64)
19	6.43 (5.51-8.15)	136 (94-155)	7 (6-11)	4.08 (3.51-4.81)	108.5 (60-136)	7 (6-9)	4339 (2730-4943)	175 (135-205)	12 (6-19)	.71 (.38-.94)	60 (48-62)
20	6.33 (5.56-8.03)	132 (110-161)	7 (6-8)	3.84 (2.82-5.11)	122 (70-162)	7 (6-9)	3754 (2060-6740)	161 (98-188)	11 (6-15)	.64 (.30-.95)	60 (51-68)
21	6.75 (5.84-7.99)	136 (107-161)	7 (6-9)	3.69 (2.85-5.00)	129 (79-155)	7 (6-11)	3975 (2678-6196)	173 (114-206)	13 (7-15)	.68 (.38-.95)	59 (53-63)

Abbreviations: FMA, Functional Mobility Assessment; HR, heart rate; TUG, Timed Up and Go; TUDS, Timed Up and Down Stairs; PCI, Physiologic Cost Index; RPE, Rate of Perceived Exertion.

Příloha č. 15: TUG (tabulka) - Habib et al. (1999)

TABLE 2
Descriptive statistics for balance tests of Pakistani children by age (N = 180)

Age (years)	n	Means (SD)				Gender	
		FRT (cm)	TUG (sec)	Balance (point scores)		Male	Female
5	20	15.075 (4.08)	5.78 (.804)	5.45 (2.3)	12.90 (3.4)	10*	10*
6	20	17.250 (5.07)	5.45 (.709)	6.35 (1.9)	16.60 (5.1)	10	10
7	20	17.325 (3.75)	5.34 (.483)	6.90 (1.3)	16.45 (3.8)	10	10
8	20	20.150 (3.59)	4.99 (.624)	7.70 (1.1)	19.10 (4.3)	10	10
9	20	18.275 (4.68)	5.16 (.594)	8.30 (1.5)	18.95 (4.5)	10	10
10	20	19.125 (4.19)	4.84 (.506)	8.90 (1.7)	21.80 (3.9)	10	10
11	21	21.048 (5.45)	4.93 (.618)	8.76 (1.4)	20.00 (3.8)	11	10
12	20	21.375 (4.22)	4.85 (.578)	8.50 (1.9)	19.60 (3.8)	10	10
13	19	22.553 (5.18)	4.78 (.463)	9.63 (2.1)	20.63 (2.8)	9	10

Příloha č. 16: TUG (tabulka) - Nicolini-Panisson & Donadio (2014)

Table 1: Characterization of the sample and normative values for the Timed 'Up and Go' (TUG) test in typically developing children and adolescents according to age group

Variables	3-5y (n=74)	6-9y (n=130)	10-13y (n=129)	14-18y (n=126)	Total (n=459)
Age (y)	4.6 (0.9)	7.7 (1.2)	12.0 (1.2)	16.5 (1.4)	10.8 (4.4)
Sex, (male/female)	41/33	66/64	53/76	67/59	227/232
Weight, kg	19.4 (4.0)	27.8(7.1)	47.1 (14.6)	61.9 (12.0)	41.2 (19.2)
Height, cm	106.5 (8.1)	126.0 (9.5)	151.6 (10.2)	167.3 (9.4)	141.4 (23.8)
Right leg length, cm	52.84 (5.02)	64.87 (5.99)	80.32 (5.78)	87.55 (9.35)	73.50 (14.31)
Centile BMI	74.6 (21.5)	63.7 (27.0)	59.6 (30.1)	55.0 (27.7)	61.9 (28.0)
PA,%	5.4	30.0	35.7	49.2	32.9
TUG1 (s)	6.59 (1.36/1.71)	5.69 (0.83/1.18)	5.57 (0.75/0.94)	4.99 (0.87/1.29)	5.61 (1.06/1.25)
TUG2 (s)	6.57 (1.28/1.67)	5.65 (0.80/1.00)	5.58 (0.72/0.93)	4.97 (0.85/1.27)	5.60 (1.02/1.16)

Variables expressed as mean (SD), except sex and physical activity, expressed as percentage. TUG 1 and TUG 2 are expressed as mean (SD, standard deviation/IR, interquartile range). BMI, body mass index; PA, physical activity; TUG1, first test; TUG2, retest on same day.

Příloha č. 17: 10MWT (tabulka) - Pereira et al. (2016)

Table 2 Mean time of motor function tests according to age

Motor tests (s)	Age (years)										
	2	3	4	5	6	7	8	9	10	11	12
TRF											
Maximum	2.32	2.57	2.78	1.54	1.87	1.53	2.03	1.74	1.8	1.52	1.77
Minimum	1.05	0.69	0.8	0.72	0.47	0.83	0.71	0.82	0.74	0.62	0.81
Mean	1.7	1.63	1.79	1.13	1.17	1.18	1.37	1.28	1.27	1.07	1.29
SD	0.62	0.94	0.99	0.41	0.7	0.35	0.66	0.46	0.53	0.45	0.48
10MWT											
Maximum	15.2	13.91	13.46	12.12	12.47	11.9	11.79	12.03	12.35	10.83	11.05
Minimum	11.08	10.19	8.68	8.58	7.75	7.8	8.11	7.79	8.63	7.81	7.79
Mean	13.14	12.05	11.07	10.35	10.11	9.85	9.95	9.91	10.49	9.32	9.42
SD	2.06	1.86	2.39	1.77	2.36	2.05	1.84	2.12	1.86	1.51	1.63
10MRT											
Maximum	9.43	7.99	7.38	6.3	5.63	5.47	5.53	5.48	5.39	5.44	5.6
Minimum	6.47	5.79	4.98	4.46	4.35	4.25	4.23	4.08	4.05	3.82	4.18
Mean	7.95	6.89	6.18	5.38	4.99	4.86	4.88	4.78	4.72	4.63	4.89
SD	1.48	1.1	1.2	0.92	0.64	0.61	0.65	0.7	0.67	0.81	0.71
BMI (mean)	16.28	16.68	17.33	16.52	16.78	17.43	17.96	18.82	19.53	18.68	20.14
SD	1.70	1.75	2.69	2.07	2.19	2.33	2.71	3.45	2.93	2.58	3.50

10MRT, time to run 10 meters; 10MWT, time to walk 10 meters; BMI, body mass index; TRF, time to rise from the floor.

Příloha č. 18: Měřicí kolo (fotografie; Geiger et al., 2007)

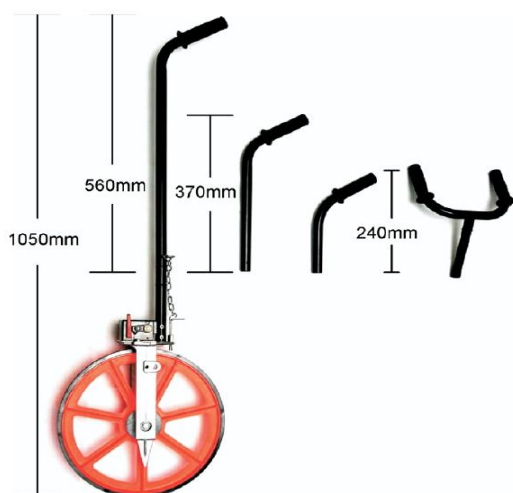


Figure 1. Measuring wheel with interchangeable size-adjusted handling bars.