



SYMBIOTICS

Co-ordination-Gen2

Candidate: A149
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Expiry: 10/12/2021

About the test:

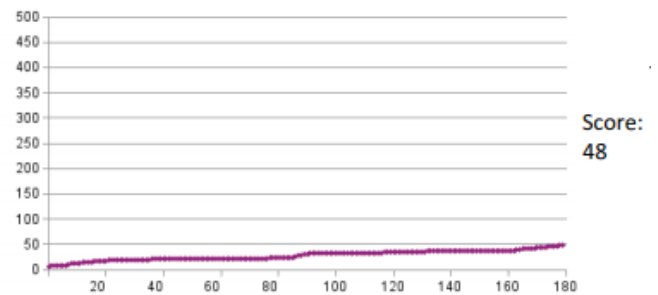
This report provides feedback about the co-ordination assessment you recently completed, which measures your ability to accurately use a joystick to control a dynamic object. Your results are presented in the form of a graph, sten scores and colour bands.

Graph:

The graph shows your cumulative score throughout the co-ordination assessment. Your final score is indicated in a box towards the right of the graph. The elapsed time is plotted along the bottom axis (split into 10 second intervals), with the score indicated on the left axis.

A good candidate performance will be demonstrated by a steeper line with a high final score. A poorer performance will have a shallower line and lower overall score.

Co-ordination Assessment



Overall Performance and Learning:

Your overall performance score and learning score are presented in the form of a sten, on a 'sliding' scale. Your sten score shows how you performed in comparison with a standardised norm comparison group.

Comparison group:

To gain a full understanding of your performance on the test, your test score has been compared to that of a large group of individuals who have taken these tests in the past. This is known as a comparison group.

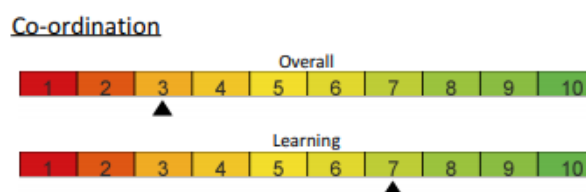
Interpreting stens:

- Sten 1: stronger score than about 1% of the comparison group
- Sten 2: stronger score than about 5% of the comparison group
- Sten 3: stronger score than about 10% of the comparison group
- Sten 4: stronger score than about 25% of the comparison group
- Sten 5: stronger score than about 40% of the comparison group
- Sten 6: stronger score than about 60% of the comparison group
- Sten 7: stronger score than about 75% of the comparison group
- Sten 8: stronger score than about 90% of the comparison group
- Sten 9: stronger score than about 95% of the comparison group
- Sten 10: stronger score than about 99% of the comparison group

Co-ordination Scales:

The Overall scale represents your physical performance and ability to co-ordinate the dynamic object with the joystick. The higher your co-ordination score, the higher your sten score will be on the scale.

The Learning scale shows your ability to adapt and improve during the assessment. The higher your sten, the greater your ability to adapt your strategy to best fit the assessment.








Overall:

Your Overall Performance is shown by a colour band presented below the graph. Additional text is included to help you to interpret your score and to direct you to resources to help you to improve.

Interpreting colour bands:

Your performance for the overall test and specific levels are categorised into 5 colour bands to indicate your level to the comparison group.

- | | | |
|---|---------------|---|
|  | High | Excellent Skills and a strong performance in this area. |
|  | Above Average | Good skills, but some areas that can be improved. |
|  | Average | Reasonable skills and likely to improve with further development. |
|  | Below Average | Need additional support and training in this area. |
|  | Low | Need to learn and develop skills in this area. |

Introduction:

The Coordination assessment is made up of 2 components: Overall Coordination and Learning.

The Overall scale shows how closely the ball was maintained within the centre of the target. The higher this score on the scale, a greater ability to adapt to help maintain the ball within the centre of the target was shown. The lower the score on the scale, a greater difficulty to control the ball within the target was shown, suggesting a difficulty to adapt efficiently to the movement of the ball. A score within the middle of the scale, shows average coordination throughout the assessment.

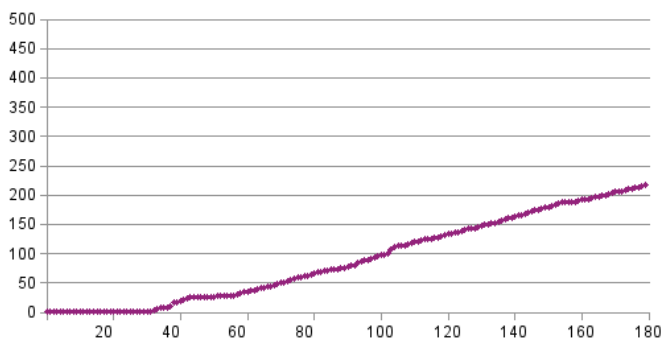
The Learning scale shows the difference in performance at the end of the assessment compared with performance at the beginning. A high learning score indicates performance has improved throughout the assessment, suggesting a potential to adapt and improve skills in dynamic environments. A low learning score indicates performance has decreased throughout the assessment, indicating a current difficulty learning and applying new information in dynamic environments.

If a high level of coordination is displayed from the onset, the opportunity to show learning is reduced. Therefore, if the high performance is maintained, the potential for learning is taken into consideration and the result will be placed towards the middle of the scale.

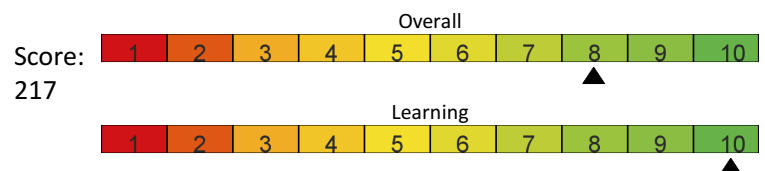
Conversely, if initially a low level of coordination is shown, there is less opportunity for skills to degrade further. There is a greater opportunity to improve performance and therefore any improvement in coordination will display a potential to learn, despite the overall performance remaining low.

Physical Summary:

Co-ordination Assessment



Co-ordination



The candidate displayed minor areas of concern, demonstrating above average Manual Dexterity in their Control and Co-ordination Skills. They displayed sound adaptation and learning skills to improve their performance as the assessment progressed.

Resources to help you develop your skills:

Please find below some example resources and methods to help you to improve and develop your Co-ordination skills:

One potential way is to continue practicing using the flight controls in flight simulator games. This will help you to become familiar with the controls, which is likely to improve your co-ordination.

Alternatively, try an Internet search for Co-ordination games online. These will help you to develop your ability to adapt quickly to new scenarios and practice your hand-eye co-ordination.

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