

LEFT HAND
HIGH
CONSCIOUS
CONTROL

LOW
CONSCIOUS
CONTROL

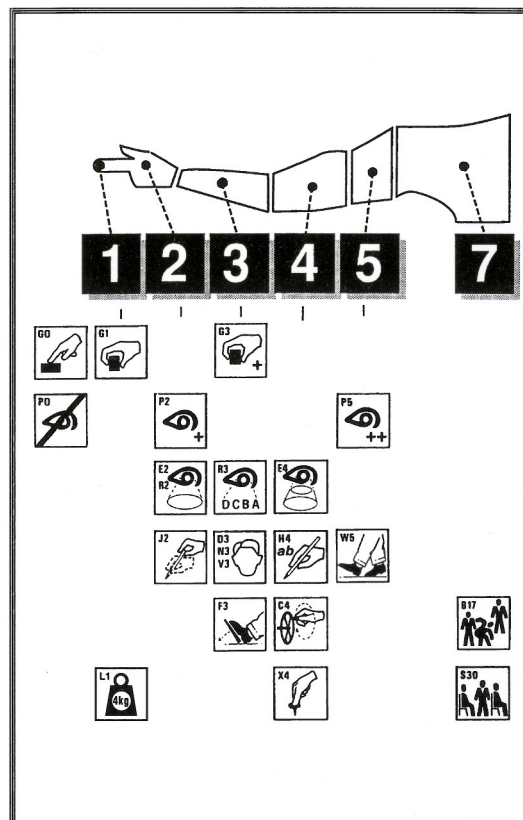
RIGHT HAND
LOW
CONSCIOUS
CONTROL

HIGH
CONSCIOUS
CONTROL

	G0	G1	P0	G3	P2	P5
G0	O	O	O	O	O	O
G1	O	O	O	O	O	O
P0	O	O	O	O	O	O
G3	O	O	O	X	X	X
P2	O	O	O	X	X	X
P5	O	O	O	X	X	X

**O - MAY BE COMPLETED
SIMULTANEOUSLY**

**X - ALLOW BOTH -
PRECEDE SECOND
WITH M2**



MODAPTS®

MODular Arrangement
of
Predetermined Time Standards

CAUTION

Do not attempt to use these tables in any way without receiving training from a qualified MODAPTS instructor.

CONVERSIONS

1 MOD = .129 sec.
1 MOD = .00215 min.
1 sec. = 7.75 MODS
1 min. = 465 MODS

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MOVE

M1	Finger	2.5 cm (1")
M2	Hand	5 cm (2")
M3	Forearm	15 cm (6")
M4	Whole arm	30 cm (12")
M5	Extended arm	45 cm (18")
M7	Trunk	75 cm (30")

GET

G0	Contact, or touch
G1	Simple closing of fingers
G3	Complex closing of fingers

PUT

P0	To general locations
P2	To specific locations
P5	To exact locations

WALK

W5	Per pace
W2.36	Per linear foot
W7.75	Per meter

FOOT ACTION

F3	15 cm (6") toe travel
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CRANK

C3	Up to 8.9 cm (3.5")
C4	Over 8.9 cm (3.5")

READ

R2	One word - general reading
R3	One word - careful reading
R3	Reading up to 3 characters

DECIDE

D3	For the unusual case
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EYE CONTROL

E2	Eye fixation
E2	Eye travel
E4	Eye focus

NUMBER/COUNT

N3	Per item, arranged
N6	Per item, disarranged

BEND AND ARISE

B17	Hand goes below knees
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SIT AND STAND

S30	Production work
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EXTRA FORCE

X4	A hesitation (not visible)
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JUGGLE

J2	To gain better control
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VOCALIZE

V3	For each word spoken
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USE -- Back and forth movements

No definite start or stop points

U.5	Finger motions
U1	Hand motions
U2	Forearm motions
U3	Whole arm motions

LOAD FACTOR (effective net weight)

L0	< 4.4 lbs (2kg)
L1	> 4.4 lbs (2kg) < 13.3 lbs(6kg)

Add one MOD for each added 8.8 lbs (4kg)

HANDWRITE

H4	One character in continuous style, one punctuation mark
H5	One character in print style, one digit or symbol
H6	One character in cursive style, upper case
H7	One character in print style, upper case
H21	One word in cursive style
H26	One word in print style
H35	One word in all upper case