**[](http://www.ucc.ie/en/)Department of Occupational Therapy, UCC**

**Activity Analysis - Form 3**

ACTIVITY ANALYSIS FOR EXPECTED PERFORMANCE

Student:

Date:

Activity:

Course:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Section 1: Activity Summary**

**Directions: Respond to the following in list format.**

1. Name and Brief Description of Activity
2. Sequence of Major Steps (in 10 steps or less; specify time to complete each step)
3. Precautions (review “Sequence of Major Steps”)
4. Special Considerations (age, appropriateness, educational requirements, cultural relevance, gender identification, other)
5. Acceptable Citeria for Completed Activity
6. Activity Demands
7. Objects and Their Properties
   1. Tools/Equipment (nonexpendable). Cost, and Source
   2. Materials/Supplies (expendable), Cost, and Source
8. Space Demands
9. Social Demand

**Section 2: Analysing Performance Areas of Occupation**

1. **Activities of Daily Living (ADL)**

* Bathing, Showering
* Bowel and Bladder Management
* Dressing
* Eating
* Feeding
* Functional Mobility
* Personal Device Care
* Personal Hygiene and Grooming
* Sexual Activity
* Sleep/Rest
* Toilet Hygiene

1. **Instrumental Activities of Daily Living (IADL)**

* Care of Others
* Care of Pets
* Child Rearing
* Communication Device Use
* Community Mobility
* Financial Management
* Health Management and Maintenance
* Home Establishment and Management
* Meal Preparation and Clean-up
* Safety Procedures and Emergency Response
* Shopping

1. **Education**

* Formal Education Participation
* Exploration of Informal Personal Educational Needs or Interests
* Informal Personal Educational Preparation

1. **Work**

* Employment Interests and Pursuits
* Employment Seeking Acquisition
* Job Performance
* Retirement Preparation and Adjustment
* Volunteer Exploration
* Volunteer Participation

1. **Play**

* Play Exploration
* Play Participation

1. **Leisure**

* Leisure Exploration
* Leisure Participation

1. **Social Participation**

* Community
* Family
* Peer, Friend

**Section 3: Analysing Performance Skills and Client Factors**

**Part I. Performance Skills**

1. **Motor Skill**
2. Posture (stabilises, aligns, positions)
3. Mobility (walks, reaches, bends)
4. Coordination (coordinates, manipulates, flows)
5. Strength and Effort (moves, transports, lifts, calibrates, grips)
6. Energy (endures, paces)
7. **Process Skills**
8. Energy (paces, attends)
9. Knowledge (chooses, uses, heeds, inquires)
10. Temporal Organisation (initiates, continues, sequences, terminates)
11. Organising Space and Objects (searches/locates, gathers, organises, restores, navigates)
12. Adaptation (notices/responds, accommodates, adjusts, benefits)
13. **Communication/Interaction Skills**
14. Physicality (contacts, gazes. Gestures, manoeuvres, orients, postures)
15. Information Exchanges (articulates, asserts, asks, engages, expresses, modulates, shares, speaks, sustains)
16. Relations (collaborates, conforms, focuses, relates, respects)

**Part II. Client Factors**

1. **Body Function Categories**
2. **Mental Functions (affective, cognitive, perceptual)**
3. Global (consciousness, orientation, sleep, temperament and personality, energy and drive)
4. Specific (attention, memory, perceptual thought, higher-levels cognition, language, calculation, motor planning, psychomotor, emotional, experience of self and time)
5. **Sensory Functions and Pain**
6. Seeing
7. Hearing/Vestibular
8. Other (taste, smell, proprioception, touch, discrimination)
9. Pain
10. **Neuromusculoskeletal and Movement-Related Functions**
11. Joints and Bones (mobility, stability)
12. Muscle (power, tone, endurance)
13. Movement (motor reflex, reactions, voluntary, involuntary, gait)
14. Cardiovascular, Haematological, Immunological, and Respiratory
15. Voice and Speech
16. Digestive, Metabolic, and Endocrine
17. Genitourinary and Reproductive
18. Skin, Hair, and Nails
19. **Body Structures and Categories**
20. Nervous System
21. Eye, Ear, and Related Structures
22. Voice and Speech
23. Cardiovascular, Immunological, and Respiratory
24. Digestive
25. Genitourinary and Reproductive
26. Movement
27. Skin and Related Structures

**Section 4: Analysing Performance Patterns and Contexts**

**Part I. Performance Patterns**

1. Habits
2. Routines
3. Roles

**Part II. Performance Contexts**

1. Cultural
2. Physical
3. Social
4. Personal
5. Spiritual
6. Temporal
7. Virtual