

Name: \_\_\_\_\_

Section Number \_\_\_\_\_

## **Personal Health Assessment Summary IV: Physical Fitness**

**Answer the following questions:**

1. Based on your fitness tests (separate sheet): summarize the strengths & weaknesses of your physical fitness

a) strengths \_\_\_\_\_

Explain what activities you do in your life that contribute to these results:

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b) weaknesses \_\_\_\_\_

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6. How many times a week should people work on their cardiovascular fitness? \_\_\_\_\_ -- \_\_\_\_\_

7. Three ways to measure the intensity of your cardio workouts:

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

8. How long should cardio workouts last? Hint: "It depends..."

9. What is YOUR target heart rate? \_\_\_\_\_ Beats Per Minute (BPM) to \_\_\_\_\_ BPM

10. List 3 benefits of resistance training

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

11. How many times a week should a person engage in a resistance-training program? \_\_\_\_\_ - \_\_\_\_\_

12. Name an exercise that would strengthen each of the following muscles:

Biceps \_\_\_\_\_

Triceps \_\_\_\_\_

Shoulders (Deltoids) \_\_\_\_\_

Trapezius \_\_\_\_\_

Chest \_\_\_\_\_

Upper back (Lats) \_\_\_\_\_

Lower back \_\_\_\_\_

Abdominals and obliques \_\_\_\_\_

Glutes \_\_\_\_\_

Hamstrings \_\_\_\_\_

Quadriceps \_\_\_\_\_

Calf (Gastrocnemius and Soleus) \_\_\_\_\_

## Fitness Test Results

### What are the five components of fitness?

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
4. \_\_\_\_\_ 5. \_\_\_\_\_

Test	Raw Scores	Rating (Enter this rating on the graph, below)	The test you completed is used to measure <b>what component of fitness?</b>
1. 3-min Step Test (p 167) <b>OR</b> 1.6 km walk	HR = _____ Time = _____		
2. Hand Grip (p 172)	L = ___ kg R = ___ kg Total (L + R) = _____ Kg		
3. Curl-Ups (p 173)	# in 1 min = _____		

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