

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:

b) weaknesses _____

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 what component of fitness?
1. 3-min Step Test (p 167) OR 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 = _____		

49.95 0.71997 46.56 *EMC0.72 0.72 re

