

Health and Fitness Report



LEVEL 4

SEMESTER 2

MODULE CODE: SHSS4064
ASSESSING HEALTH AND FUNCTIONAL FITNESS

ASSESSMENT TYPE: COURSEWORK

ASSESSMENT/COMPONENT: 1

COMPONENT WEIGHTING: 75 %

WORD COUNT: 2000 words

MODULE TUTOR:

SUBMISSION DETAILS:

Health and Fitness Report

You are a fitness advisor in a local health club and part of your role is to conduct client induction health and fitness assessments.

Tasks

1. Conduct a full range of fitness assessments on a client
2. Evaluate other lifestyle characteristics that important in maintaining a healthy lifestyle.
3. Provide written feedback to the client evaluating the data recorded.
4. Provide exercise and lifestyle recommendations to the client based on the data recorded (*though not a full training programme*)

Assessment

Client report (2000 words) including the following information;

1. Summary of key findings and recommendations,
2. Introduction reviewing the role of exercise and lifestyle choices at improving health,
3. Review of each area of assessments, with comparisons to norm data and recommendations,
4. Overall evaluation of health and fitness,
5. Recommendations.

School of Sport, Health & Outdoor Education

Assessment Feedback Sheet

Student No./Name: _____

Module: Assessing Health & Functional Fitness

Module Code: SHSS4064

Personal Evaluation – to support your academic progress please complete the section below BEFORE submitting your work.										
What do you consider to be the best aspects of this work?	How relevant and up to date my references are									
Which aspects do you consider could have been improved in this piece of work?	Spending more time on the outline and structure of the essay									
What have you found most satisfying whilst undertaking this submission?	Learning the normal recommended values for each component									
ASSESSMENT CRITERIA	Learning Outcome	GRADE								
		Poor < 20%	Weak 20-29%	Unsatisfactory 30-39%	Satisfactory 40 – 49%	Good 50 – 59%	Very Good 60 – 69%	Excellent 70 – 84%	Exceptional 85– 100%	%
Summary	1,2									10
Theoretical review	2,3									20
Evaluation of data	1,2									40
Use of information	2,3									20
Presentation clarity and format	3									10
It is expected that students will present work that is proof read, correctly referenced and adheres to the Assessment Checklist . Therefore a range of 0 – 10 marks will be deducted for non-completion of any of the points on the checklist below .										
TUTOR COMMENTS:										
Submission date: via Turnitin		Return date: (at least within 4 weeks)			Tutor:			Mark:		

Assignment Checklist

- ☐ Please complete the **Personal Evaluation** section of the Assessment Feedback sheet, add your name and details, and paste the whole of this assignment document into the front of your assignment
- ☐ Submission is a **single word file, clearly labelled** with your name and module code
- ☐ Font style - Times New Roman, size -12 for text and 14 for headings
- ☐ Ink colour – black only
- ☐ Line spacing – 1.5 line spacing and 2cm- 2.5cm page margins
- ☐ Quotations more than three lines to be indented 1 line spacing
- ☐ One line space between paragraphs, paragraphs must be left aligned
- ☐ Pagination (your assignment should have **page numbers**)
- ☐ All tables and figures are internally referenced and have a title
- ☐ **Word count** checked and written at end of text (before references and any appendix)
- ☐ Assignment is within 10% of the word limit (excluding references and any appendices)
- ☐ **All** references in the text are included in the reference list
- ☐ **Correct referencing following the Harvard style, as described in the Palgrave study skills book 'Cite them Right'.**
- ☐ Correct spelling using **UK English**
- ☐ Correct use of punctuation
- ☐ Grammar and syntax correct- double check anything that has a green line under it
- ☐ I have read my assignment out loud to myself and it makes sense and is easy to read
- ☐ Somebody else has read my work and it makes sense to him or her!
- ☐ **I have checked and I have not plagiarised**

**Failure to follow these guidelines will
cost you marks!**

Health and Fitness Report

After holding a brief discussion with my 52 year old female client I have ascertained that they wish to lose some body weight and improve in their general fitness. I then agreed with the client that the focus of our plan was to specifically concentrate on working the cardiovascular system through the use of aerobic training.

I carried out a pre health screening test to ensure that my client did not have any contra indicators. I provided this screening by requesting my client to fill out a health history questionnaire, I decided to do this as some contra indicators may not be as apparent as pain and it is vital that these (if any) are identified prior to commencing any fitness tests.

After ascertaining that my client had no underlining or contraindicating factors, I proceeded to conduct a wide range of fitness assessments on my client and gathered a large quantity of information from each of these individual assessments.

Summary of key findings and recommendations

After conducting each of the assessments listed above I collected all the relative information that I obtained from each of the respective tests and listed them below.

- Astrand test = 35ml/kg/min
- Blood pressure = 138/92mmHg
- Body composition = 25%
- Sit and reach = 35cm
- Agility(Illinois) = 24 seconds
- Spirometry = 82%

After analysing this data with my client and taking in to consideration that my clients primary goal ambition was to lose weight and improve in their general fitness, I explained to my client that although they wished to additionally improve on their flexibility results, we would be specifically concentrating on losing weight and therefore it was

more relevant to focus our attention on their body composition, spirometry and Astrand results in order to move forward.

Recommendations

Musnik (2004) states that adult individuals should aim to participate in aerobic physical activity on average 4-5 times per week, with a duration of each being at least 30 minutes at around 55% of your maximal heart rate. They additionally state that if you are a sedentary individual that you should look to start at around 2-3 times a week and seek to progressively increase this with time.

Introduction reviewing the role of exercise and lifestyle choices at improving health.

Blood pressure according to Peate (2011) is described as the force exerted by blood on the wall of a blood vessel. According to Richard (2001) "There is absolutely no doubt that the majority of strokes, heart attacks and cases of high blood pressure can easily be prevented by maintaining the proper balance of potassium to sodium in the diet". In his findings he also stated that increasing our dietary ratio of potassium to sodium and participating in regular physical activity can reduce the alarming number of individuals with cases of high blood

pressure and in turn reduce the occurrence of a stroke or myocardial infarction.

Agility is a secondary component of fitness, which is involved in all physical activity and is a component which is necessary for daily functioning (Canfitpro 2008). An individual's agility level reflects their ability to change direction quickly, with virtually all sports

require whole body movement and thus require individuals to rapidly and instantly to deaccelerate (Dawes 2012).

Spirometry scores reflects an individual's accessible lung volume (Booker 2008). An individuals forced expiratory volume (FEV) score may predict their future mortality not only from chronic obstructive pulmonary disease but from other cardiac and respiratory disorders. Spirometers are also useful in the screening of a whole range of respiratory disorders, including the screening of smokers and diagnosis and monitoring of occupational lung disease (Bellamy 2004).

Review of each area of assessment

After conducting each of the six tests listed above, and collecting the required data for each tests I came to the following summary:

Blood pressure

By using a sphygmomanometer I established that my clients resting blood pressure was recorded at 138/92mmHg, the average statistics for normal resting blood pressure is 120/80mmHg. These results indicate that my clients resting blood pressure is slightly higher than the normal data, both on the systolic and diastolic readings. My recommendations to my client in light of this information is to work towards reducing their blood pressure as consistent high blood pressure may lead to the increased occurrence of strokes. I advised the client that the best route to follow to reduce this risk was to increase their levels of physical activity, as this may prevent high blood pressure indirectly by reducing their stress levels and risk of obesity. This in turn may help keep their blood pressures at moderate levels (Carnell 2010). Additionally I may be beneficial to increase their potassium intake in comparison to sodium as Moore (2001) states that this may also lead to a decrease in blood pressure.

<u>Norma resting blood pressure value</u>	<u>Clients resting blood pressure value</u>
120/80mmHg	<u>138/92mmHg</u>

(Carnell 2014)

Body composition

<u>BMI score</u>	<u>Weight status</u>
<18.5	Under weight
18.5-24.9	Normal
<u>25-29.9</u>	<u>Overweight</u>
>30.0	Obese

lead to a decrease in their overall body fat percentage.

(Healey 2010)

Sit and reach

<u>Gender</u>	<u>Excellent (cm)</u>	<u>Above average (cm)</u>	<u>Average (cm)</u>	<u>Below Average (cm)</u>	<u>Poor (cm)</u>
Male	>28	26-29	22-25	19-21	<19
Female	>35	27-30	22-26	19-21	<19

(Coulson 2009)

Astrand test

<u>Female</u>	Low	Fair	Average	Good	Excellent
Age					
18-25	<27	27-37	38-46	47-56	>56
26-25	<25	25-33	34-44	45-53	>53
36-45	<22	22-30	31-37	38-45	>45
46-55	<20	20-26	27-33	34-41	>41
56-65	<18	18-23	24-30	31-37	>37
66+	>16	16-21	22-26	27-32	>32

reflects the strength and efficiency of their heart to distribute blood.

(Hagerman 2001)

Illinois (Agility test)

Spirometry

Overall Evaluation

My overall evaluation of my clients is that they are an individual with relatively good flexibility but do not possess the highest level of aerobic fitness along with non-recommended blood pressure and body composition readings. They are a sedentary individual with no real motivation to participate in physical activity but do wish to lose some body weight. Whilst taking into consideration their high standard of flexibility, this puts them in the ideal position to start undertaking physical activity to some level as they already possess a suitable range of movement at specific joints and thus will decrease the likelihood of developing an injury.

Recommendations

As previously highlighted, if the client wishes to lose body weight then my recommendations to them would be to ensure that the training they undertake involves the aerobic energy system which utilises fats as its primary source fuel for energy production. In order to do this the exercise must be of a moderate intensity, working at

around (55-60%) of the individuals maximal heart rate and last at between 20-40 minutes. This is integral as a consequence of these guidelines not being followed would results in glycogen and not fat being utilised as the primary source of fuel for physical activity meaning they will struggle to lose their desired weight. I additionally explained to the client that losing such body weight is not an easy task and that it would require the highest levels of personal determination and motivation from them self in addition to needing the support from their family and friends.

Word count: 2200

References

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