

Worksheet A

Heart Rate Monitor

Website: www.polar.com

What physiological variable(s) does this equipment measure?

In your own words, explain how the measurement is obtained.

What type of participant, athlete, patient or client might use this equipment?

What practical application could the data provide?

Seca Weighing Scale

Website: www.seca.com

What physiological variable(s) does this equipment measure?

In your own words, explain how the measurement is obtained.

What type of participant, athlete, patient or client might use this equipment?

What practical application could the data provide?

Tympanic Thermometer

<https://www.braunhealthcare.com>

What physiological variable(s) does this equipment measure?

In your own words, explain how the measurement is obtained.

What type of participant, athlete, patient or client might use this equipment?

What practical application could the data provide?

Dry Gas Meter

Website: www.harvardapparatus.com

What physiological variable(s) does this equipment measure?

In your own words, explain how the measurement is obtained.

What type of participant, athlete, patient or client might use this equipment?

What practical application could the data provide?

Wattbike Pro

Website: www.wattbike.com

What physiological variable(s) does this equipment measure?

In your own words, explain how the measurement is obtained.

What type of participant, athlete, patient or client might use this equipment?

What practical application could the data provide?

Monark Ergomedic 894E

Website: monarkexercise.se

What physiological variable(s) does this equipment measure?

In your own words, explain how the measurement is obtained.

What type of participant, athlete, patient or client might use this equipment?

What practical application could the data provide?

Automated Blood Pressure Monitor

Website: www.boso.de

What physiological variable(s) does this equipment measure?

In your own words, explain how the measurement is obtained.

What type of participant, athlete, patient or client might use this equipment?

What practical application could the data provide?

Sit and Reach Box

Website: www.habdirect.com

What physiological variable(s) does this equipment measure?

In your own words, explain how the measurement is obtained.

What type of participant, athlete, patient or client might use this equipment?

What practical application could the data provide?

Reflection and Discussion

Which piece of equipment did you find most interesting and why?

Which piece of equipment would you most like to learn to use during your degree?

Which piece of equipment do you think would be most useful in elite sport, and why?

Worksheet B

Metabolic Cart

Website: cortex-medical.com

What physiological variable(s) does this equipment measure?

In your own words, explain how the measurement is obtained.

What type of participant, athlete, patient or client might use this equipment?

What practical application could the data provide?

Servomex Gas Analyser

Website: www.servomex.com

What physiological variable(s) does this equipment measure?

In your own words, explain how the measurement is obtained.

What type of participant, athlete, patient or client might use this equipment?

What practical application could the data provide?

Force Platform

Website: hur.fi

What physiological variable(s) does this equipment measure?

In your own words, explain how the measurement is obtained.

What type of participant, athlete, patient or client might use this equipment?

What practical application could the data provide?

Brower Timing Systems

Website: browertiming.com

What physiological variable(s) does this equipment measure?

In your own words, explain how the measurement is obtained.

What type of participant, athlete, patient or client might use this equipment?

What practical application could the data provide?

Stadiometer

Website: www.seca.com

What physiological variable(s) does this equipment measure?

In your own words, explain how the measurement is obtained.

What type of participant, athlete, patient or client might use this equipment?

What practical application could the data provide?

InBody 380

Website: uk.inbody.com

What physiological variable(s) does this equipment measure?

In your own words, explain how the measurement is obtained.

What type of participant, athlete, patient or client might use this equipment?

What practical application could the data provide?

h/p/cosmos Pluto Med Treadmill

Website: www.hpcosmos.com

What physiological variable(s) does this equipment measure?

In your own words, explain how the measurement is obtained.

What type of participant, athlete, patient or client might use this equipment?

What practical application could the data provide?

Pulse Oximeter

<http://www.choicemed.com>

What physiological variable(s) does this equipment measure?

In your own words, explain how the measurement is obtained.

What type of participant, athlete, patient or client might use this equipment?

What practical application could the data provide?

Reflection and Discussion

Which piece of equipment did you find most interesting and why?

Which piece of equipment would you most like to learn to use during your degree?

Which piece of equipment do you think would be most useful in elite sport, and why?

Worksheet C

Hand Grip Dynamometer

Website: www.takei-si.co.jp

What physiological variable(s) does this equipment measure?

In your own words, explain how the measurement is obtained.

What type of participant, athlete, patient or client might use this equipment?

What practical application could the data provide?

Keiser A300 Leg Press

Website: www.keiser.com

What physiological variable(s) does this equipment measure?

In your own words, explain how the measurement is obtained.

What type of participant, athlete, patient or client might use this equipment?

What practical application could the data provide?

Exerfly Flywheel Training System

Website: www.exerflysport.com

What physiological variable(s) does this equipment measure?

In your own words, explain how the measurement is obtained.

What type of participant, athlete, patient or client might use this equipment?

What practical application could the data provide?

Takei Back and Leg Dynamometer

Website: www.takei-si.co.jp

What physiological variable(s) does this equipment measure?

In your own words, explain how the measurement is obtained.

What type of participant, athlete, patient or client might use this equipment?

What practical application could the data provide?

Douglas Bag

Website: www.rudolphkc.com

What physiological variable(s) does this equipment measure?

In your own words, explain how the measurement is obtained.

What type of participant, athlete, patient or client might use this equipment?

What practical application could the data provide?

Wattbike AtomX

Website: www.wattbike.com

What physiological variable(s) does this equipment measure?

In your own words, explain how the measurement is obtained.

What type of participant, athlete, patient or client might use this equipment?

What practical application could the data provide?

Skinfold Calipers

Website: www.bowersgroup.co.uk/brand/baty

What physiological variable(s) does this equipment measure?

In your own words, explain how the measurement is obtained.

What type of participant, athlete, patient or client might use this equipment?

What practical application could the data provide?

Manual Blood Pressure Monitor

Website: www.accoson.com

What physiological variable(s) does this equipment measure?

In your own words, explain how the measurement is obtained.

What type of participant, athlete, patient or client might use this equipment?

What practical application could the data provide?

Reflection and Discussion

Which piece of equipment did you find most interesting and why?

Which piece of equipment would you most like to learn to use during your degree?

Which piece of equipment do you think would be most useful in elite sport, and why?