

1 Personal Fitness Profile

You will complete the information in the pre-test during Modules 3-6 . Be sure to include the date of the pre-test activities for each module, add data to each of the listed measurements and answer the Pre-Test personal reflection questions.

You will submit this half completed document in the dropbox for the pre-test. **Be sure to save a completed copy of the pretest, you will need to add your Post Test data and submit it again at the end of the semester.**

During Module 14 you will complete the information in the Post-test. Refer to the Module 3-6 labs as needed to complete the required exercises. Be sure to include the date of the post-test, add data to each of the listed measurements and answer the Post-Test personal reflection questions.

Once you've completed the post-test you will submit this completed document in the dropbox and include both pre-test and post-test for comparison. Make sure to complete the reflections on both the pre and post test.

Pre-Test Date: Module 3 Module 4 Module 5 Module 6
 02/3/23 02/10/23 _____ _____

Post-Test Date: _____

| Item to measure | Pre Test | Post Test |
|--|-------------------|-----------|
| Resting Heart Rate Video | 96 bpm | |
| Cardiorespiratory Endurance (Labs 3.1): 1-Mile Walk Test Time / Rating | 15m30s/ 128bpm | / |
| Muscular Endurance (Labs 4.2): The Curl-Up Test Repetitions / Rating | 62 / average | / |
| Muscular Endurance (Labs 4.2): The Push-Up Test / Rating | 21/Fair | / |
| Muscular Endurance (Labs 4.2): The Squat Endurance Test / Rating | 30/ average | / |
| Flexibility Quick Checks (Module 5): Sit and Reach Wall Test Rating | | |
| Flexibility Quick Checks (Module 5): Low Back Erector Spinae: Pass or Fail | | |
| Flexibility Quick Checks (Module 5): Iliopsoas: Pass or Fail | | |
| Flexibility Quick Checks (Module 5): Quadriceps: Pass or Fail | | |
| Flexibility Quick Checks (Module 5): Hamstrings: Pass or Fail | | |
| Flexibility Quick Checks (Module 5): Gastrocnemius: Pass or Fail | | |
| Body Composition (Lab 6.1): Height | | |
| Body Composition (Lab 6.1): Weight | | |
| Body Composition (Lab 6.1): BMI Classification | | |
| Body Composition (Lab 6.1): US Navy Percent Body Fat / Classification | / | / |
| Body Composition (Lab 6.1): Waist-to-hip ratio | | |

The textbook chapters 3- 6 have information on how to begin and progress in a variety of fitness activities.

Personal Fitness For You Chapter Review Answers

Roman Wölfel



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