

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

**Carol K. Armbruster, Ellen M.
Evans, Catherine M. Laughlin**



Personal Fitness For You Chapter Review Answers:

The book delves into Personal Fitness For You Chapter Review Answers. Personal Fitness For You Chapter Review Answers is an essential topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Personal Fitness For You Chapter Review Answers, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Personal Fitness For You Chapter Review Answers
 - Chapter 2: Essential Elements of Personal Fitness For You Chapter Review Answers
 - Chapter 3: Personal Fitness For You Chapter Review Answers in Everyday Life
 - Chapter 4: Personal Fitness For You Chapter Review Answers in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Personal Fitness For You Chapter Review Answers. This chapter will explore what Personal Fitness For You Chapter Review Answers is, why Personal Fitness For You Chapter Review Answers is vital, and how to effectively learn about Personal Fitness For You Chapter Review Answers.
 3. In chapter 2, the author will delve into the foundational concepts of Personal Fitness For You Chapter Review Answers. This chapter will elucidate the essential principles that need to be understood to grasp Personal Fitness For You Chapter Review Answers in its entirety.
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 5. In chapter 4, this book will scrutinize the relevance of Personal Fitness For You Chapter Review Answers in specific contexts. The fourth chapter will explore how Personal Fitness For You Chapter Review Answers is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Personal Fitness For You Chapter Review Answers. This chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Personal Fitness For You Chapter Review Answers.

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