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.

	Module 3	Module 4	Module 5	Module 6
Pre-Test Date:	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

R Sandford

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