

# 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/<br>128bpm | /         |
| Muscular Endurance (Labs 4.2): The Curl-Up Test Repetitions / Rating       | 62 /<br>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

**Léo Pomar**



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## **Table of Contents Personal Fitness For You Chapter Review Answers**

1. Understanding the eBook Personal Fitness For You Chapter Review Answers
  - The Rise of Digital Reading Personal Fitness For You Chapter Review Answers
  - Advantages of eBooks Over Traditional Books
2. Identifying Personal Fitness For You Chapter Review Answers
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Personal Fitness For You Chapter Review Answers
  - User-Friendly Interface
4. Exploring eBook Recommendations from Personal Fitness For You Chapter Review Answers
  - Personalized Recommendations
  - Personal Fitness For You Chapter Review Answers User Reviews and Ratings
  - Personal Fitness For You Chapter Review Answers and Bestseller Lists
5. Accessing Personal Fitness For You Chapter Review Answers Free and Paid eBooks

- Personal Fitness For You Chapter Review Answers Public Domain eBooks
  - Personal Fitness For You Chapter Review Answers eBook Subscription Services
  - Personal Fitness For You Chapter Review Answers Budget-Friendly Options
6. Navigating Personal Fitness For You Chapter Review Answers eBook Formats
- ePub, PDF, MOBI, and More
  - Personal Fitness For You Chapter Review Answers Compatibility with Devices
  - Personal Fitness For You Chapter Review Answers Enhanced eBook Features
7. Enhancing Your Reading Experience
- Adjustable Fonts and Text Sizes of Personal Fitness For You Chapter Review Answers
  - Highlighting and Note-Taking Personal Fitness For You Chapter Review Answers
  - Interactive Elements Personal Fitness For You Chapter Review Answers
8. Staying Engaged with Personal Fitness For You Chapter Review Answers
- Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Personal Fitness For You Chapter Review Answers
9. Balancing eBooks and Physical Books Personal Fitness For You Chapter Review Answers
- Benefits of a Digital Library
  - Creating a Diverse Reading Collection Personal Fitness For You Chapter Review Answers
10. Overcoming Reading Challenges
- Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Personal Fitness For You Chapter Review Answers
- Setting Reading Goals Personal Fitness For You Chapter Review Answers
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Personal Fitness For You Chapter Review Answers
- Fact-Checking eBook Content of Personal Fitness For You Chapter Review Answers
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development

- Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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