

Practice Scenario #1 & Graphic Organizer

Norm, a 17-year old high school senior, was considered an all-round kid. He did well in his studies, was elected to the student government, and was active in intramurals and recreation during all three seasons. His favorite activity is basketball. Norm believed in keeping fit, as he believed that his physical condition would affect the rest of his life. But Norm had been diagnosed with mononucleosis (mono), and after a week in bed he did not participate in any exercise for the next four weeks. Norm was sure that his inactivity had had a negative effect on his fitness. With his recovery complete, Norm is once again ready to participate in recreational sports and to pursue his long time objective to be able to bench press his body weight. Before allowing Norm to push himself, his doctor referred to his medical data, had him fill out a *Risk Factor History* questionnaire, and evaluated his status for the four health related components of fitness. The doctor gave Norm clearance to begin exercising. His results on a *Health/Fitness Profile* follow:

Health/Fitness Profile (Part 1. a & b)

Source	Results	Part 1(a) Risk Factors		Part 1(b) Fitness Interpretations
		Lifestyle	Genetic	
<i>Doctor's Report</i>				
Gender	Male			
Age	17			
Height	5' 10" (70 in.)			
Weight	160 lbs			
HR _{rest}	65 bpm			
BP _{rest}	110/65 mg Hg			
Cholesterol	Total: 170 LDL: 120 HDL: 50			
<i>Fitness Test Results</i>				
Pacer	61 lengths			
1-Rep Max Predicted	Bench press – 120 lbs x 9 reps			
Curl Ups	22 total			
Sit & Reach	11 inches			
Skinfold Measure	11% body fat			
<i>Risk Factor History</i>				
Personal				
Family	Cancer – mother			
	Hypertension - mother			

Part #1 (c): Write a summary of the interpretations found in the person's *Health/Fitness Profile*.

Exercise/Activity Worksheets (Part 2)

Cardiorespiratory Fitness

Cardiorespiratory Short-Term Goal for the First Month:

Type of Activity	Intensity	Time	Frequency
<i>Recommendation(s):</i>	<i>Determine intensity of first day exercise heart rate (show work).</i>	<i>Recommendation(s):</i>	<i>Recommendation(s):</i>

Exercise/Activity Worksheet (Part 2 cont.)

Muscle Strength and Endurance

Muscle Strength and Endurance Short-Term Goal for the First Month:

Type of Activity	Intensity	Time	Frequency
<i>Recommendation(s):</i>	<i>Determine intensity of first day workout (show work if appropriate).</i>	<i>Recommendation(s):</i>	<i>Recommendation(s):</i>

Exercise/Activity Worksheets – (Part 2 cont.)

Flexibility

Flexibility Short-Term Goal for the First Month:			
Type of Activity	Intensity	Time	Frequency
<i>Recommendation(s):</i>	<i>Determine intensity of first day workout.</i>	<i>Recommendation(s):</i>	<i>Recommendation(s):</i>

Body Composition – no answer required

Body Composition is recognized as one of the four Health-Related Components of Fitness and data related to it is included in the all three subsections of the *Health/Fitness Profile (Doctor’s Report, Fitness Test Results, and Risk Factor History)*. Students are expected to be able to identify poor fitness as it relates to body composition through their interpretation of the data provided in the *Fitness Test Results* section of the *Health/Fitness Profile*. Since nutrition, as related to body composition is often taught through other subject areas, body composition is not addressed specifically as part of fitness planning for this assessment.

