

Practice Scenario #2 & Graphic Organizer
(with *answer parameters*)

Scenario:

Each year fire fighters are required to pass a physical fitness test that evaluates their ability to perform their job related activities. The test is based on the four health-related components of fitness. Three months before the test, the fire department offers a voluntary fitness assessment to inform each fire fighter of her or her current fitness and risk factor status. Leah, a 30-year-old, 5' 7", 140 lbs. female fire fighter, is concerned about her aerobic fitness, as she has experienced shortness of breath and an excessive increase in heart rate while she responded to fires. She realizes that the only exercise that she gets is playing badminton behind the fire station between calls to fires. Having recent clearance for all physical activity through a fire department medical exam, she volunteered to complete a *Risk Factor History* questionnaire and participate in fitness assessments. Her 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 |
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| Part 1 (a). <u>Answer parameters:</u> <i>Essential information should include checkmarks correctly placed in the Risk Factor columns indicating if the factor is related to lifestyle and/or genetic origin.</i> | 3-Level responses would show checkmarks correctly placed for all relevant factors in the Risk Factor columns. 4-Level responses would show checkmarks correctly placed for all relevant factors in the Risk Factor columns.  | Lifestyle | Genetic | Part 1 (b). <u>Answer parameters:</u> <i>Essential information should include accurate interpretations of the information based on corresponding fitness status found in the charts and tables of the Fitness Reference Booklet.</i> 3-Level responses would state correct interpretations of health, fitness, and risk status (normal, borderline, high, desirable, etc.) found in the Fitness Reference Booklet. 4-Level responses would state correct interpretations of health, fitness, and risk status (normal, borderline, high, desirable, etc.) from the Fitness Reference Booklet. Details necessary to interpret data (e.g., BMI, 1-rep max) could be shown as part of the Fitness Interpretations. Additional details or notes may be included in the Summary Box.  |
| Doctor's Report | | | | |
| Gender | Female | | | |
| Age | 30 | | | |
| Height | 5' 7" (67 in.) | | X | Normal [BMI = 22] (Body Composition) |
| Weight | 140 lbs | X | X | |
| HR _{rest} | 82 bpm | | | Normal |
| BP _{rest} | 130/88 mg/Hg | X | X | Prehypertension |
| Cholesterol | Total: 270 LDL: 240 HDL: 30 | X | | Undesirable level Undesirable level Undesirable level |
| Fitness Test Results | | | | |
| 12-Minute Run | 1.1 miles | | | Poor fitness level (Cardiorespiratory fitness) |
| Grip Strength | 125 lbs | | | Fair fitness level (Muscle strength) |
| Curl Ups | 22 in 1 minute | | | Intermediate fitness level (Muscle endurance) |
| Sit & Reach | 17 inches | | | Poor fitness level (Flexibility) |
| Hip/Waist Ratio | .84 | | | Borderline risk level (Body Composition) |
| Risk Factor History | | | | |
| Personal | Sedentary | X | | Needs to be wary of implications |
| | Cholesterol | X | | Needs to be wary of implications |
| Family | Hypertension: - 3 or 4 grandparents - one parent | | X | Needs to be wary of implications |
| | Heart disease: - one grandparent | | X | Needs to be wary of implications |

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

Answer parameters:

Essential information is expected to show evidence of understanding health, health, and the components of health-related fitness through correct interpretation of the information included in the Scenario and the Health/Fitness Profile. This summary should present a logical review of the Scenario and the Health/Fitness Profile (Doctor's Report, Fitness Test Results, and Risk Factor History) and identify health and fitness strengths, weaknesses, and concerns of the individual portrayed in the scenario.

3-Level responses would provide correct *essential information* in a summary review of the health and fitness strengths, weaknesses, and concerns of the individual. For example, a response might include: *"For Leah, her doctor's report indicates blood pressure and cholesterol problems. Her fitness tests show that she's generally unfit. She exhibits risk factors attributable to both lifestyle and genetics."*

4-Level responses would build on the correct *essential information* (3-Level expectation) by adding a higher level of detail or further information that may be relevant for analysis of health and fitness status and the development of a subsequent fitness plan. For example, a response might include: *"For Leah, her doctor's report shows normal BMI, but she is prehypertensive and shows undesirable cholesterol levels. Her fitness test results are either at the borderline or poor levels. Leah's problems may be due in part to her sedentary life style, but she also has genetic implications through her parent and grandparents."*

Exercise/Activity Worksheet (Part 2)

Cardiorespiratory Fitness

Cardiorespiratory Short-Term Goal for the First Month:

Answer parameters:

Essential information would reflect understanding and application of information found in the Scenario and Health Fitness Profile for the development of short term fitness and physical activity goals for the first month. Cardiorespiratory goals would be based upon the fitness needs and personal goals of the individual, the FITT Formula, and the Basic Principles of Physical Activity. For scenarios indicating that cardiorespiratory fitness is a priority, the goal for the first month must reflect that importance. Progression toward the first month goal would be determined by recording improvement and/or retesting.

Note: For some scenarios, cardiorespiratory fitness is not a priority because test results are already established in the healthy fitness zone, and in those cases, at minimum, the recommendation for a goal would reflect intent to maintain status in the healthy fitness zone.

3-Level responses would provide evidence of correct essential information and a recommendation for a cardiorespiratory fitness goal for the first month. For example, a response might include: “Information in the Scenario and Health/Fitness Profile suggests that Leah needs to change her lifestyle by incorporating regular involvement in physical activity. Based on this information, her goal for the first month is to improve her cardiorespiratory fitness to at least reach the next fitness level. Progression toward her goal would be evidenced by periodic journal entries showing change in her performance and/or through retesting.”

4-Level responses would build on the correct essential information (3-Level expectation) by adding a higher level of detail or further information. For example, a response might include: “Information in the Scenario and Health/Fitness Profile suggests that Leah needs to change her life style to incorporate more activity designed to provide a broad exercise spectrum that addresses her health and fitness concerns. Specific cardiorespiratory recommendations would identify fun choices of fitness activities that are active aerobics (walking, running, step aerobics, cardio-kick boxing, treadmill) and/or active sports and recreation (soccer, skating, ball-room dancing, canoeing, biking, tennis) that would promote opportunities to increase and sustain her heart rate in the healthy fitness zone for a specified time To determine if the goal of achieving a fair-level of fitness has been met, Leah needs to run 1.21 miles in the 12- Minute Run Test.”

| Type of Activity | Intensity | Time | Frequency |
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| <p>Recommendation(s):</p> <p><u>Answer parameters:</u> Essential information would specify one or more exercises/activities that would promote cardio/respiratory fitness. The individual’s present fitness level is an important consideration. <u>Type</u> of activity needs to be linked to the exercise frequency, intensity, and time. Selection should consider personal preference.</p> | <p>Determine intensity of first day exercise heart rate (show work).</p> <p><u>Answer parameters:</u> Essential information would reflect the determination of an initial exercise target zone and the actual mathematical calculation of that zone for a specific individual. Mathematically determining the target zone for exercise would require using the HR_{rest}, HR_{max}, and a HR range for exercise intensity and would include a minimum and maximum target HR during exercise. The individual’s present fitness level is an important consideration. For healthy individuals, the usual minimum exercise target HR is 60% of HR_{max} and the target zone typically has a 10% range. Higher or lower beginning intensity of exercise HR is determined by the individual’s medical and physical conditions and is linked to frequency, time, and type of exercise.</p> | <p>Recommendation(s):</p> <p><u>Answer parameters:</u> Essential information would include an appropriate length of time to perform the selected type of activity. The individual’s present fitness level is an important consideration. For a healthy individual, <u>time</u> for exercise/activity is typically a period of 20-30 minutes of continuous exercise. <u>Time</u> needs to be linked to the exercise frequency, intensity, and type.</p> | <p>Recommendation(s):</p> <p><u>Answer parameters:</u> Essential information would include a recommended frequency of days/week for exercising. The individual’s present fitness level is an important consideration. For a healthy individual, a recommendation for moderate to vigorous activity (HR in the target zone) for 3-6 days per week at a minimum duration of at least 20-30 minutes is standard. <u>Frequency</u> needs to be linked to the exercise intensity, time, and type.</p> |

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| <p>3-Level responses would provide correct <i>essential information</i> showing an application of fitness concepts and a recommendation for the <u>type</u> of exercises required to reach the exercise goal. For example a response might include: For example, a response might include: “For Leah, the fact that she is in poor condition, daily walking is recommended.”</p> <p>4-Level responses would build on the correct <i>essential information</i> (3-Level expectation) by adding a higher level of detail or further information. For example, a response might include: “For Leah, in addition to a daily walking program, it is recommended that she supplement it with regularly scheduled badminton or another racquet sport thus encouraging her to increase and broaden her activity opportunities.”</p> | <p>3-Level responses would include correct <i>essential information</i> providing evidence of knowledge regarding heart rates and showing how to determine an appropriate starting intensity. For example, a response might include: “For Leah, her fitness test results (HR_{rest} and 12-minute run) indicate poor cardiorespiratory fitness suggesting that an initial exercise target zone of 50%-60% is appropriate.</p> <p>(1) $HR_{max} = 220 - \text{age } (30) = 190$ (2) Intensity range = 50%-60% (due to current poor fitness level)</p> <p>Leah’s target zone for exercise = intensity \times HR_{max} = $0.50 \times 190 = 95$ bpm (minimum) and = $0.60 \times 190 = 114$ bpm (maximum)</p> <p>The recommendation for Leah would include a reminder that she should periodically check her HR during her workout, and she needs to keep her HR in a target zone (95-114 bpm).”</p> <p>4-Level responses would use the correct <i>essential information</i> (3-Level expectation) and then go beyond by adding a level of detail or specific information indicating an advanced knowledge of target heart rates for people in this situation. For example, a response might include: “For Leah, as her cardiorespiratory fitness level improves, she may wish to continue the progression by establishing a higher HR target zone (60%-70%) by changing the intensity of her workout.”</p> | <p>3-Level responses would provide correct <i>essential information</i> showing an application of fitness concepts and a recommendation for the appropriate <u>time</u> required to reach the exercise goal. For example, a response might include: “For Leah, walking for 20 minutes is recommended.”</p> <p>4-Level responses would build on the correct <i>essential information</i> (3-Level expectation) by adding a higher level of detail or further information. For example, a response might include: “For Leah, initial daily walking sessions of 20 minutes each plus playing a racquet sport for an hour per session is recommended. Also she might be reminded that exercise time needs to be allotted for warm-up and cool-down routines ”</p> | <p>3-Level responses would provide correct <i>essential information</i> showing evidence of understanding fitness concepts and a recommendation for the appropriate <u>frequency</u> required to reach the exercise goal. For example, a response might include: “For Leah, daily walking is recommended.”</p> <p>4-Level responses would build on the correct <i>essential information</i> (3-Level expectation) by adding a higher level of detail or further information. For example, a response might include: “For Leah, inasmuch as she will begin exercising at a low intensity, daily walking plus 2-3 racquet sport sessions per week is recommended”.</p> |
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Exercise/ Activity Worksheet (Part 2 cont.)

Muscle Strength and Endurance

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

Answer parameters:

Essential information would reflect understanding and application of information found in the Scenario and Health Fitness Profile for the development of short term fitness and physical activity goals for the first month. Muscle strength and endurance goals would be based upon the fitness needs and personal goals of the individual, the FITT Formula, and the Basic Principles of Physical Activity. For scenarios indicating that muscle strength and endurance fitness is a priority, the goal for the first month must reflect that importance. Progression toward the first month goal would be determined by recording change and/or retesting.

Note: For some scenarios, muscle strength and endurance fitness is not a priority because test results are already established in the healthy fitness zone or the existence of conflicts with personal preference and/or time available. In such a case, calisthenics might be appropriate to be included in warm-up and cool-down routines of personal fitness/physical activity programs. At minimum, the recommendation for a goal would reflect intent to maintain status in the healthy fitness zone. Muscle strength and endurance can be improved and maintained by routines designed for specific muscle groups (pull-ups – shoulders/ arms; curl-ups – abdominals).

3-Level responses would provide evidence of correct essential information and a recommendation for a muscle strength and endurance fitness goal for the first month. For example, a response might include: “Information in the Scenario and Health/Fitness Profile suggests that Leah’s muscle strength and endurance fitness test scores (grip strength and curl-ups) are below what she considers acceptable for her job requirements. Her goal for the first month is to show improved muscle strength and endurance. Progression toward her goal would be evidenced by periodic journal entries showing change in her performance and/or through retesting.”

4-Level responses would build on the correct essential information (3-Level expectation) by adding a higher level of detail or further information. For example, a response might include: “Information in the Scenario and Health/Fitness Profile suggests that Leah, as a fire fighter, needs to improve her muscle strength and endurance to meet the physical requirements of her job to perform effectively and safely. Leah should work to increase her scores in muscle strength and endurance, but she has greater priorities in cardiorespiratory fitness and flexibility.”

| Type of Activity | Intensity | Time | Frequency |
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| <p>Recommendation(s):</p> <p><u>Answer parameters:</u> Essential information would lead to a recommendation specifying the type of activity designed to maintain or improve muscle strength and/or endurance depending upon the exercise goals. The <u>type</u> of activity could be: 1) resistance machines, 2) free weights or 3) calisthenics (for those without access to equipment). Type of activity needs to be linked to exercise frequency, intensity, and time. Selection should consider personal preference.</p> | <p>Determining intensity of first day workout (show work if appropriate).</p> <p><u>Answer parameters:</u> Essential information would reflect the intensity required to achieve the individual’s goals based upon the exercise type (resistance machines, free weights, and/or calisthenics) that is chosen. For resistance machines and free weights, the intensity chosen for the first day of a fitness program is based upon whether the goal is to increase strength or endurance or both. The exercises can emphasize the development of strength, endurance, or both simultaneously by the following rules:</p> <ul style="list-style-type: none"> • Few reps and sets at high resistance to promote muscle strength. • Many reps and sets at low resistance to promote muscle endurance. • An in-between number of reps and sets and weight or resistance to promotes both. <p>A fitness program incorporating calisthenics is effective to accomplish both an increase in strength and/or endurance. Calisthenics, depending upon the specific exercise, can be done to exhaustion or for a specific time and/or reps.</p> | <p>Recommendation(s):</p> <p><u>Answer parameters:</u> Essential information would lead to a recommendation for the length of time necessary to perform the number of specified exercises. The outcome emphasis (e.g., strength, endurance, or combination) will dictate variations of reps, resistance levels, and number of sets. The <u>time</u> needs to be linked to exercise frequency, intensity, and type</p> | <p>Recommendation(s):</p> <p><u>Answer parameters:</u> Essential information would lead to a recommendation for the frequency (days/week) for exercising. The accepted standard for improving/sustaining muscle strength and endurance for a healthy individual is 2-3 days per week. The <u>frequency</u> needs to be linked to the exercise intensity, time, and type.</p> |

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| <p>3-Level responses would provide correct <i>essential information</i> showing an application of fitness concepts and a recommendation for the <u>type</u> of exercises required to reach the exercise goal. For example a response might include: For example, a response might include: “<i>For Leah, a calisthenics program that included all major muscle groups (push-ups and pull-ups for arms; curl-ups for abdominals; stride jumps and side leg raises for legs) is recommended.</i>”</p> <p>4-Level responses would build on the correct <i>essential information</i> (3-Level expectation) by adding a higher level of detail or further information. For example, a response might include: “<i>For Leah, calisthenics (e.g. push-ups, pull-ups, chin-ups, curl-ups, leg raises, trunk lifts, stride jumps, side leg raises, and bridging) would provide a whole body exercise routine that could be incorporated into the warm-up and cool-down routines for her walking or sport activity.</i>”</p> | <p>3-Level responses would include correct essential information providing appropriate evidence determining an appropriate starting intensity. For example, a response might include: “<i>For Leah, each individual callisthenic exercise would be performed at an appropriate intensity for a training effect to be accomplished. Some exercises might require continuing to exhaustion while others are performed for a specific number or duration.</i>”</p> <p>4-Level responses would use the correct essential information (3-Level expectation) and then go beyond by adding a level of detail or specific information indicating an advanced knowledge. For example, a response might include: “<i>For Leah, whose goal is to increase muscle strength and endurance showing progression to a fitness level appropriate for her job demands and daily living needs, some individual callisthenic exercises would be performed until exhaustion (e.g. push-ups and curl-ups) while others might be performed for a specific number or duration (e.g. side leg raises). Progression is shown through the continued increase in number and/or time. As endurance improves, strength improves (and vice-versa).</i>”</p> | <p>3-Level responses would provide correct <i>essential information</i> showing an application of fitness concepts and a recommendation for the appropriate <u>time</u> required to reach the exercise goal. For example, a response might include: “<i>For Leah, a commitment of 15 minutes of selected calisthenics is recommended.</i>”</p> <p>4-Level responses would build on the correct <i>essential information</i> (3-Level expectation) by adding a higher level of detail or further information. For example, a response might include: “<i>For Leah, choices include scheduling her calisthenics during her warm-up and cool-down routines or as a stand-alone program at any convenient time of day. In either case, a commitment of at least 15 minutes is recommended.</i>”</p> | <p>3-Level responses would provide correct <i>essential information</i> showing evidence of understanding fitness concepts and a recommendation for the appropriate <u>frequency</u> required to reach the exercise goal. For example, a response might include: “<i>For Leah, participation in muscle fitness activities 3x/week is recommended.</i>”</p> <p>4-Level responses would build on the correct <i>essential information</i> (3-Level expectation) by adding a higher level of detail or further information. For example, part of a response might include: “<i>For Leah, participation in calisthenics a minimum of 3x/week is recommended although they need not be limited to just 3x/week.</i>”</p> |
| <p>(Chart continued from previous page)</p> | | | |

Exercise/Activity Worksheet (Part 2 cont.)

Flexibility

Flexibility Short-Term Goal for the First Month:

Answer parameters:

Essential information would reflect understanding and application of information found in the Scenario and Health Fitness Profile for the development of short term fitness and physical activity goals for the first month. Flexibility goals would be based upon the fitness needs and personal goals of the individual, the FITT Formula, and the Basic Principles of Physical Activity. For scenarios indicating that flexibility fitness is a priority, the goal for the first month must reflect that importance. For some scenarios, flexibility fitness is not a priority because test results are already established in the healthy fitness zone or the existence of conflicts with personal preference and/or time available. At minimum, the recommendation for a goal would reflect intent to maintain status in the healthy fitness zone. Progression toward the first month goal would be determined by recording improvement and/or retesting.

3-Level responses would provide evidence of correct essential information and a recommendation for a cardiorespiratory fitness goal for the first month. For example, part of a narrative might include: “Information in the Scenario and Health/Fitness Profile shows that Leah’s fitness test scores indicate poor flexibility (e.g. 17 inches on the Sit & Reach test). Leah’s goal for the first month is to improve her flexibility fitness level to the Fair fitness level. Progression toward her goal would be evidenced by periodic journal entries showing change in her performance and/or through retesting.”

4-Level responses would build on the correct essential information (3-Level expectation) by adding a higher level of detail or further information. For example, a response might include: “Information in the Scenario tells us that Leah, being a fire fighter, has job demands that are physically strenuous. By improving her flexibility fitness level to **fair-level** of fitness by reaching 18.3 inches on the same test, Leah expects to improve her job performance and minimize the potential for injury.

| Type of Activity | Intensity | Time | Frequency |
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| <p>Recommendation(s):</p> <p><u>Answer parameters:</u> Essential information would specify one or more exercise/activity programs that would promote full body flexibility. For example, a stand alone exercise program such as Yoga, and Pilates are appropriate. Another alternative is to incorporate a flexibility routine into warm-up and/or cool-down exercises. Selection should consider personal preference. <u>Type</u> of activity needs to be linked to the exercise goal and to frequency, intensity, and time.</p> | <p>Determine intensity of first day workout.</p> <p><u>Answer parameters:</u> Essential information would consider the following accepted standard for healthy individuals: stretch muscle or muscle group beyond the normal length to maintain or improve flexibility. Intensity needs to be linked to the exercise type, time, and frequency.</p> | <p>Recommendation(s):</p> <p><u>Answer parameters:</u> Essential information would include a recommendation for the appropriate number and length of time to perform the specified (type) flexibility exercises. The accepted duration (time) for each exercise is to repeat 3-4 sets of 10-15 seconds stretching with 10 seconds rest between each set. Beginners should start 1 set and build to 3-4 sets. <u>Time</u> needs to be linked to the exercise goal and to intensity, frequency, and type.</p> | <p>Recommendation(s):</p> <p><u>Answer parameters:</u> Essential information would include a recommendation for the appropriate number of days/week for flexibility exercises. The accepted standard for a healthy individual is at least 3x per week. For those who have a specific need to improve flexibility, daily flexibility activity is important. <u>Frequency</u> needs to be linked to the exercise goal and intensity, time, and type.</p> |

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| <p>3-Level responses would provide correct <i>essential information</i> showing an application of fitness concepts and a recommendation for the <u>type</u> of exercises required to reach the exercise goal. For example a response might include: “<i>For Leah, incorporating a full body flexibility routine into her warm-up and cool-down exercises will allow her to stretch her major muscle groups beyond their normal lengths to improve her flexibility is recommended.</i>”</p> <p>4-Level responses would build on the correct <i>essential information</i> (3-Level expectation) by adding a higher level of detail or further information. For example, a response might include: “<i>For Leah, the incorporation of flexibility exercises (sit and reach, spine twist, sitting stretcher, zipper, arm pretzel, hip stretcher, chest stretch, arm stretcher, and calf stretcher) into her warm-up and cool-down exercises is recommended.</i>”</p> | <p>3-Level responses would provide correct <i>essential information</i> showing evidence of understanding by making a recommendation that will improve her current flexibility fitness. Leah needs to know her body and stretch each muscle group beyond its normal length but without damaging it. For example, a response might include: “<i>For Leah, warm-up and cool-down routines that provided stretching of all major muscle groups beyond their normal length would be recommended.</i>”</p> <p>4-Level responses would use the correct <i>essential information</i> (3-Level expectation) and then go beyond by adding a level of detail and advanced knowledge. For example, a response might include: “<i>For Leah, in order to provide an overload, she might want to consider exercising with a partner or using her own body weight. Because flexibility is a stated priority, it needs to be addressed before and after every fitness workout from the standpoint of improving current fitness levels and minimizing the possibility of injury. Progression is shown through the continued increase in the ability to stretch a muscle and/or muscle group to a greater length</i>”</p> | <p>3-Level responses would provide correct <i>essential information</i> showing an application of fitness concepts and a recommendation for the appropriate <u>time</u> required to reach the exercise goal. For example, a response might include: “<i>For Leah, during her warm-up and cool-down routines, stretching for 3 sets of exercises with each stretch lasting 10-15 seconds with a 10 second rest period between stretches is recommended.</i>”</p> <p>4-Level responses would build on the correct <i>essential information</i> (3-Level expectation) by adding a higher level of detail or further information. For example, a response might include: “<i>For Leah, she should be reminded that the cool-down exercises are as important as the warm-up exercises in achieving her flexibility goals. Since the muscles are already warm, this is an ideal time to increase flexibility.</i>”</p> | <p>3-Level responses would provide correct <i>essential information</i> showing evidence of understanding fitness concepts and a recommendation for the appropriate <u>frequency</u> required to reach the exercise goal. For example, a response might include: “<i>For Leah, a 3-6x/week flexibility routine is recommended.</i>”</p> <p>4-Level responses would build on the correct <i>essential information</i> (3-Level expectation) by adding a higher level of detail or further information. For example, a response might include: “<i>For Leah, flexibility exercises can be done 3x-6x/week as part of his warm-up and cool-down routines</i>”</p> |
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Body Composition – no answer required

Teacher’s Note:

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.

