

## Practice Scenario #3 & Graphic Organizer

### Scenario:

After recent spring thaws, several streams and rivers overflowed causing many families to leave their homes and go to the shelters set up in school gyms and local fire halls. A call went out for volunteers to help with getting the evacuees settled and preparing meals. Samantha, a 16 year old civically minded sophomore, answered the call and reported to one of the fire halls. When it became known that Samantha had been a regular participant in recreation activities at her local Boys and Girls Club, her main assignment was to help keep the children occupied with games. This responsibility was interrupted when the water began to approach the fire station, and a call went out for all able bodied people to help fill sand bags and stack them. Samantha found that she quickly tired for the intensity of the work and was unable to keep up with most of the other volunteers. Once the crisis was over, she decided it was time to improve her overall physical fitness. Before her parents would allow her to undertake a physical fitness program, they had Samantha go to her doctor for a complete physical workup. Her doctor completed a physical exam, had her fill out a *Risk Factor History* questionnaire, and evaluated her status for the four health related components of fitness. The doctor gave Samantha clearance to begin an exercise program. 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
		Lifestyle	Genetic	
<b><i>Doctor's Report</i></b>				
Gender	Female			
Age	16			
Height	5' 6" (66 in.)			
Weight	131 lbs			
HR <sub>rest</sub>	78 bpm			
BP <sub>rest</sub>	126/82 mm/Hg			
Cholesterol	Total: 270 LDL: 240 HDL: 0			
<b><i>Fitness Test Results</i></b>				
12-Minute Run	1.1 miles			
Grip Strength	125 lbs			
Curl Ups	22 in 1 minute			
Sit & Reach	17 inches			
Waist/Hip Ratio	.84			
<b><i>Risk Factor History</i></b>				
Personal	Sedentary			
	Cholesterol			
Family	Hypertension: – 3 grandparents – 1 parent			
	Heart disease: – 1 grandparent			

**Task #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>



