

Practice Scenario #4 & Graphic Organizer

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 levels. Shane, a 40-year-old, 5' 11", 208 lbs. male fire fighter who smokes, is concerned about her muscle strength and endurance, as he had experienced difficulty in climbing ladders while carrying firefighting equipment into burning buildings. Other than lifting soup cans and a frying pan when it's her turn to cook at the firehouse, Shane's only physical activity comes from once a week tennis games with her wife. Realizing that he needs to change her approach to fitness and health and having recent clearance for all physical activity through a fire department medical exam, he volunteered to complete a *Risk Factor History* questionnaire, undergo a physical, and fitness assessments. 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 | 40 | | | |
| Height | 5' 11" (71 in.) | | | |
| Weight | 208 lbs | | | |
| HR _{rest} | 65 bpm | | | |
| BP _{rest} | 110/75 mm Hg | | | |
| Cholesterol | Total: 237 LDL: 190 HDL: 47 | | | |
| <i>Fitness Test Results</i> | | | | |
| 12-Minute Run | 1.47 miles | | | |
| 1-Rep Max Predicted | Bench press -130 lbs x 6 reps | | | |
| Push Ups | 16 in 1 minute | | | |
| Sit and Reach | 13.5 inches | | | |
| Skinfold Measure | 14% body fat | | | |
| <i>Risk Factor History</i> | | | | |
| Personal | Smoker | | | |
| | Sedentary | | | |
| | Cholesterol | | | |
| Family | Stroke – father recovering | | | |

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.

