

FITNESS APPRAISAL



CÉGEP
VANIER COLLEGE

Student Name: _____

Class Day and Time: _____

Teacher's Name: _____

Student Age: _____

1. HEART RATE / WEIGHT / HEIGHT

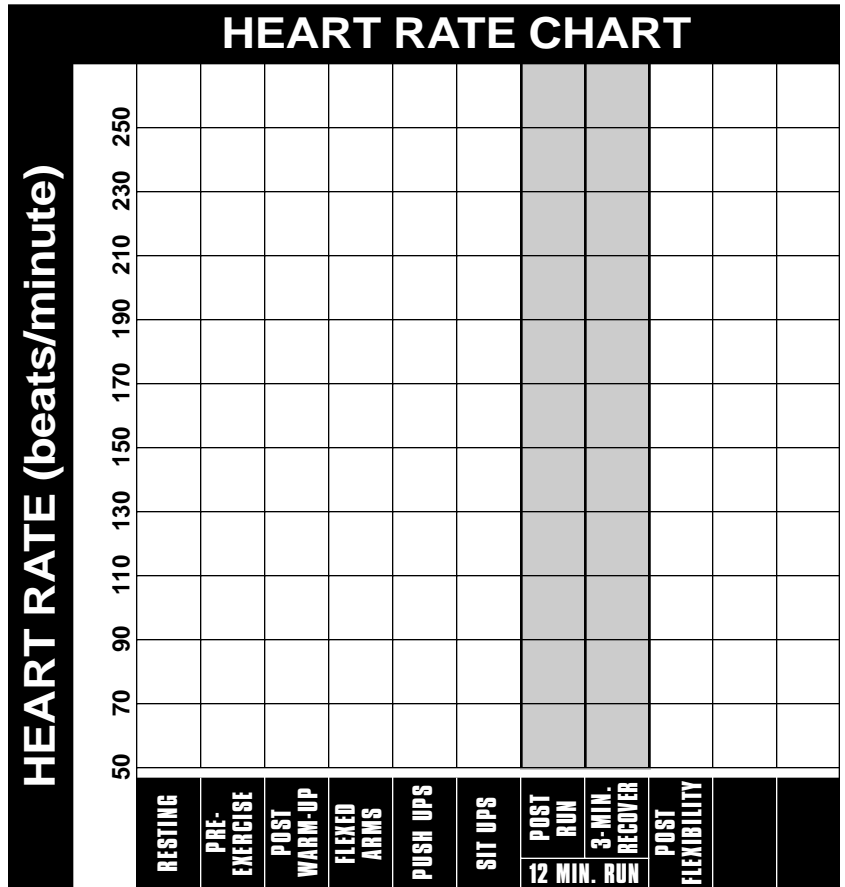
a) Weight _____ lbs

b) Height _____ ins

Maximum Heart Rate (MHR)
is 220 minus your age.
Target Zone Heart Rate is 60-85% of your MHR.

♥

EXAMPLE for a 20 year old:
MHR is 220 - 20 = 200
Target Zone Heart Rate is 120 to 170.



2. BODY COMPOSITION

Body composition relates to your physical appearance and health potential. Body girth measurements will help you set goals to work for a trim body shape.

Both diet (reducing fat intake in the diet) and regular cardiovascular exercise are important in controlling and maintaining body composition (fat vs lean body weight). In order to lose excess body fat, you must expend more calories than you take in (1 lb. = 3500 calories).

The safest and most effective rate of weight loss is 2 lbs. per week. The key to fat loss is an increase in cardiovascular activity (walking, jogging, swimming, cycling, etc). Cardiovascular should be done at least 3 times per week, for at least 30 minutes and don't forget to cut down on fatty foods in your diet, (fried foods, oils, chips/cakes, fatty meats, etc.)

a) Body Mass Index (BMI) Measurements

Use Mass Index graph at right to obtain your BMI score. The BMI categorizes people with respect to their degree of body fat using height and weight.

BMI _____ Verbal Rating _____

b) Anthropometric Measurements (Use these measurements for chart below.)

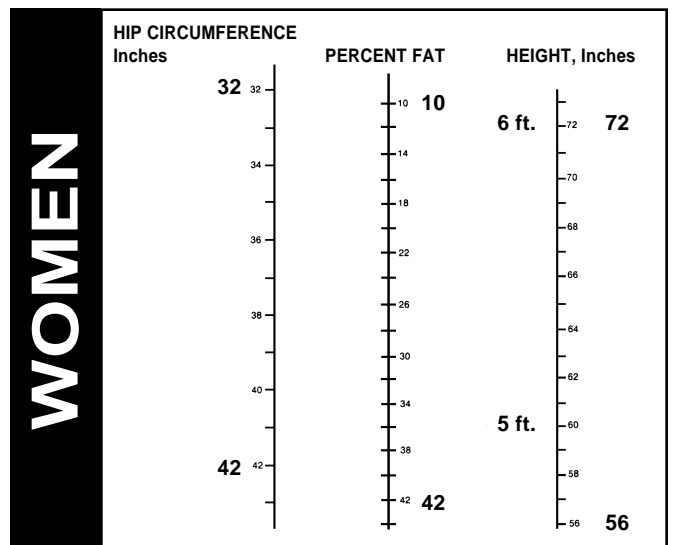
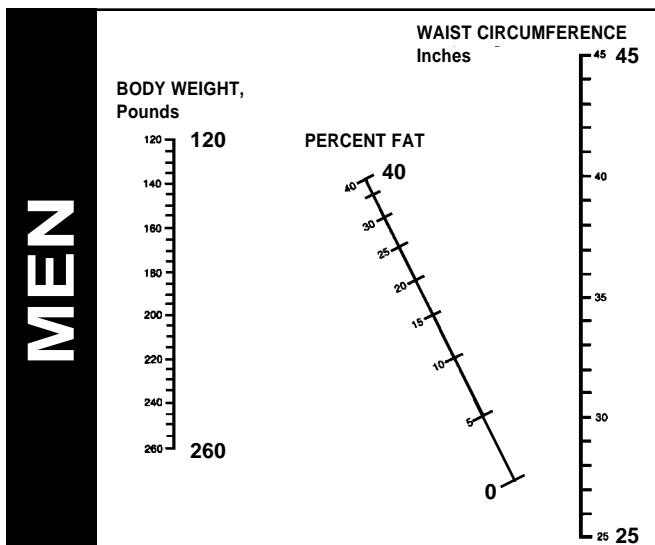
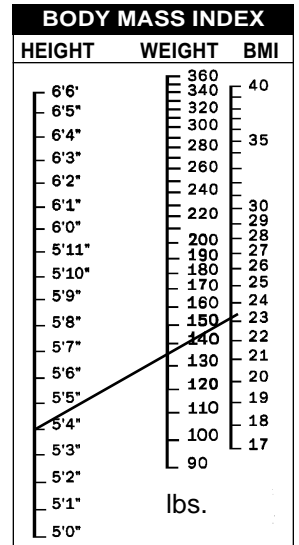
Chest _____ ins Bicep _____ ins

Waist _____ ins Hip _____ ins Thigh _____ ins

c) % Body Fat

Body fatness is of primary concern because of its association with various health problems. Being **overfat** or **underfat** can result in health concerns.

Mark the measurements on the appropriate circumference chart and connect them with a straight line.



Results (Male and Female) _____ % body fat Verbal Rating _____

3. WARM-UP

a) **Walk/jog** for **5 minutes**.

b) Do **stretches** for **5 minutes**.

*With a proper warm-up, you can enhance your performance.
Without a proper warm-up, you may injure yourself.*

4. **MUSCULAR STRENGTH/POWER** (Palestre) • Mature students over 20 - may omit items (b) and (c)
• Students 19 and under - omit item (a)
- a) **Grip Strength** _____ Percentile: _____ Verbal Rating: _____
- b) **Flexed Arm Hang Strength** _____ sec Percentile: _____ Verbal Rating: _____
- c) **Power: Vertical Jump** _____ cm Percentile: _____ Verbal Rating: _____

5. **MUSCULAR ENDURANCE** (Gyms A,B,C)

Abdominal Endurance

Curl-ups: _____ Percentile: _____ Verbal Rating: _____

Fit abdominal muscles are essential for good posture and lower back support. Lower back pain and injuries are often related to weak abdominals therefore...keep on curling up!

Upper Body Endurance

Push-Ups: _____ Percentile: _____ Verbal Rating: _____

Muscular endurance and strength are assets in the ability to perform daily activities without strain or undue fatigue. Muscular fitness activities add shape and firmness to muscles, resulting in a trim, well-toned appearance. Strength and endurance of the abdominal muscles are particularly important for good posture and lower back health.

6. **CARDIOVASCULAR ENDURANCE** (Gyms A,B, C)

Number of Laps: _____ **Distance:** _____ meters (1 lap = 160m)

Immediate Post-Exercise Heart Rate: _____ bts/min **3-minute Recovery Heart Rate:** _____ bts/min

Percentile: _____ **Verbal Rating:** _____

Cardiovascular endurance is the most important component of physical fitness as it is directly related to the efficiency of your heart and lungs in delivering oxygen to your body. Poor cardiovascular fitness puts you at risk for cardiovascular disease and other associated health risks. Good cardiovascular fitness keeps you feeling healthy, energetic, and prevents disease. In order to improve your cardiovascular fitness it is necessary to perform aerobic activity 3-5 times per week, for at least 30 minutes within your target heart rate range.

7. **FLEXIBILITY**

Sit-Reach-Hold: _____ Percentile: _____ Verbal Rating: _____

This test measures the flexibility of your lower back and hamstring muscles. Poor flexibility in these areas is highly associated with lower back pain and injuries. Flexibility stretches held for at least 20 seconds should be included at the end of your exercise routine. Good flexibility will prevent injury and muscle soreness by maintaining full range of motion.

8. **FINAL RESULTS — COMPLETE GRAPH**

	Grip Strength	Flexed Arm Stre.	Power	Curl-Ups	Push-ups	Cardio	Flexibility
Excellent							
Above Average							
Average							
Below Average							
Poor							

If you performed with a reasonable effort, your final results are a fair reflection of your personal fitness level in relation to others of the same age and sex. The next step is up to you! Exercise and Activity are the bottom line. With them, you can achieve change.

COOL AND STRETCH FOR FIVE (5) MINUTES!

STUDENT ANALYSES / FEEDBACK

1. Use the results of your fitness appraisal to determine your strengths and weaknesses. Comment on your results for each component of fitness.

2. What do you need/plan to do to improve in your weaker areas? _____

3. What comments do you have regarding the Vanier Fitness Appraisal? Is there anything we could add or change to improve our appraisal?
