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Re: Preparation instructions before fitness test and supplemental forms to be turned in before testing

Dear Participant:

Thank you for choosing Personal Fitness Systems, Inc. The following information will help in preparing for our first session. Please have appropriate exercise attire and a good set of running or walking shoes.

Please fill out the following materials in the training manual:

1. Health history questionnaire
2. Written pre-test

At our first session, we will review your health history and complete the fitness testing.

Please note: A part of the fitness testing will include a body composition test. The testing protocol needs you to adhere to the following **restrictions** up to 1.5 hours before the time of your appointment:

- a. Consuming any foods
- b. Drinking any fluids
- c. Showering
- d. Exercising

At our second session, we will review your written pre-test and start the application section of the program. Please do not hesitate to contact me if you have any questions.

Sincerely,
Keith Gosline, ACSM HFS, LMT, CKTP
President



PARTICIPANT HEALTH HISTORY QUESTIONNAIRE

Name: _____ Date: _____ Age: _____ Weight: _____

Address: _____ City: _____

State: _____ Zip: _____ Phone: _____

E-mail: _____

Although regular exercise can provide many health benefits, there is a possibility of personal injury. You can reduce your risk of being injured by following proper training techniques and by taking proper precautions before beginning a vigorous exercise program.

Most people do not need to consult a physician before beginning a low-level, gradually progressive exercise program. However, if you answer "yes" to any questions below, you should consult with a physician by phone or in person before taking up an activity that is more vigorous than you are used to.

Do you now or have you ever had:	<u>YES</u>	<u>NO</u>
1. Heart Problems?	_____	_____
2. Pain or Pressure in your Heart and/or Chest, Either at rest or brought on by exertion?	_____	_____
3. Bouts of irregular or uneven heart beats?	_____	_____
4. Frequent light-headedness or dizzy spells?	_____	_____
5. High blood pressure?	_____	_____
6. History of heart problems or stroke in your Immediate family?	_____	_____
7. Cigarette smoking habit?	_____	_____
8. High blood cholesterol?	_____	_____
9. Tingling, numbness or loss of feeling in arms, Hands or feet?	_____	_____
10. Muscle, bone, or joint problems (such as Arthritis, rheumatism, low back pain, bad knees) that might be aggravated by exercise?	_____	_____
11. Overweight (more than 20 pounds over your ideal weight)?	_____	_____
12. Medical problems?	_____	_____
a. asthma	_____	_____
b. diabetes	_____	_____
c. epilepsy	_____	_____
d. currently pregnant	_____	_____
e. scoliosis	_____	_____

13. Recent Surgery? _____
- If yes, please specify _____
14. Are you over 35 and not accustomed to vigorous exercise? _____
15. Are you under a lot of stress? _____
16. Do you have any physical conditions, impairments or Disability (including muscle and joint problems) that should be considered before starting an exercise program? _____
- If yes, please specify _____
17. When was your last physical examination? _____
18. Medications: List all medications including dosage and reason.
- a. _____
- b. _____
- c. _____

If you experience any serious discomfort as you are exercising, slow down or stop your activity. If you experience severe pain, tightness or heaviness in your chest, arms or throat, check with a physician.

I have read the above information and understand that my participation in this exercise program requires that I be responsible for my own health and safety. I certify that my answers to the above questions are true and complete.

Signature _____ **Date** _____

Exercise History

Do you exercise now? Yes No

If "Yes", specify what activity, how often and do you monitor your heart rate?

If "No", how long has it been since you last exercised? _____

What do you feel; most restricts your ability to exercise? Please circle all that apply:

- | | |
|------------------------|-------------------|
| 1. Muscular fatigue | 5. Lack of energy |
| 2. Shortness of breath | 6. Lack of time |
| 3. Lack of motivation | 7. Other _____ |
| 4. Fear of overdoing | |

Goals of your Exercise Program:

Circle the goal(s) you seek to accomplish through your exercise program.

1. Decreased effects of stress
2. Increased feeling of well-being
3. Weight control
4. Increased muscular strength and endurance
5. Improved muscle tone
6. Increased flexibility
7. Increased cardiovascular condition
8. Other _____

Your resting heart rate is _____ beats per minute. (Find your pulse immediately upon awaking in the morning--before you get out of bed).

FITNESS/WEIGHTLIFTING PRE-TEST

MULTIPLE CHOICE (10 points)

*Circle the **best** response:*

1. What is one advantage of using Nautilus resistance:
 - A. Less time is required to complete the workout.
 - B. The number of exercises is unlimited.
 - C. The equipment is inexpensive.
 - D. Multiple muscle groups are exercised in each exercise set.

2. How many repetitions does one perform *per set* in a **strength** training program:
 - A. 7-10 reps.
 - B. 1-6 reps.
 - C. 11-13 reps.
 - D. 14 or more reps.

3. What is an advantage of using free weights:
 - A. Less time is required to complete workout.
 - B. Less work is required to achieve better results.
 - C. Balance **and** coordination are developed.
 - D. It is easier to isolate certain muscle groups.

4. What is the proper proportional **caloric** intake one should maintain while involved in a weightlifting program according to Gemar and Brown:
 - A. 40% carbohydrates, 40% fats, 20% proteins.
 - B. 50% carbohydrates, 20% fats, 30% proteins.
 - C. 70% carbohydrates, 25% fats, 5% proteins.
 - D. 60% carbohydrates, 30% fats, 10% proteins.

5. Which of the following dietary guidelines should you follow in a **weightlifting** program:
 - A. Eat more foods containing simple sugars **and** less fiber.
 - B. Eat less from the four food groups - dairy, meat, fruits, and vegetables.
 - C. Reduce sodium **and** sugar consumption.
 - D. B and C.

6. Injuries in the weight room are **most** likely to happen when:
 - A. You have eaten 1 to and 1.5 hours before exercise.
 - B. You are fatigued.
 - C. You use faulty equipment.
 - D. B and C.

7. Most injuries occur:
 - A. In the hands.
 - B. In the joints.

- C. In the back.
 - D. B and C.
 - E. All of the above are correct.
8. Which population can engage in an exercise program:
- A. Children.
 - B. Women.
 - C. Older adults.
 - D. B and C.
 - E. All the above are correct.
9. *Isokinetic* strength training:
- A. Is used for rehabilitation.
 - B. Is primarily used for sedentary, less fit individuals.
 - C. Is primarily used for athletes.
 - D. Is primarily used for strength testing multiple muscle groups at one time.
10. Muscle **burn** is a result of:
- A. A more than adequate supply of oxygen to the working muscles.
 - B. A build up of waste products in the working muscle.
 - C. An inadequate supply of oxygen to the working muscle.
 - D. A and B.
 - E. B and C.

TRUE - FALSE (10 points)

Write your response as **True** or **False** for each item.

11. _____ Strength training is the essential factor in reducing one's body fat percentage.
12. _____ holding your breath during exercise is dangerous because of an immediately sharp increase in blood pressure.
13. _____ Taking supplements such as protein, and vitamins will help build muscle tissue.
14. _____ **Isometric** resistance produces a full range of motion at the joint.
15. _____ **Free Weight** resistance can be moved through different and greater ranges of motion.
16. _____ **Free weight** resistance exercise helps develop balance and coordination.
17. _____ all three types of resistance, (Free weights, Nautilus, and Calisthenics) will increase strength.

18. _____ Muscle endurance programs include performing 4-6 sets at each position.
19. _____ The **Overload** principle holds that the body responds **and** adapts to increased demands made upon it.
20. _____ To be in shape, exercise should only be enjoyable every other workout at the most.

MATCHING

Choose **one** term for each definition: (12 points)

- | | | |
|------------------|---------------------------------|-----------------------|
| A. progression | F. cardiac output | |
| B. consistency | G. aerobic capacity | |
| C. specificity | H. maximal oxygen uptake | |
| D. flexibility | I. target heart rate | K. aerobic activity |
| E. stroke volume | J. rating of perceived exertion | L. anaerobic activity |

- a. _____ The range of motion possible about a given joint or a series of joints.
- b. _____ A specific heart rate to be achieved and maintained during exercise.
- c. _____ Indicates how much blood the heart is capable of pumping in exactly one minute.
- d. _____ An activity in which the intensity is so great that the demand for oxygen is greater than the body's ability to deliver oxygen.
- e. _____ Gradually increasing the level and intensity of exercise.
- f. _____ (**Vo₂max**) : measured in a laboratory to determine how much oxygen can be used during 1 minute of maximal exercise.
- g. _____ Engaging in fitness activities on a frequent and regular basis.
- h. _____ A technique used to subjectively rate exercise intensity on a numerical scale.
- i. _____ The volume of blood being pumped out of the heart with each beat.
- j. _____ The type of physical changes that occur are directly related to the type of training used.
- k. _____ The greatest rate at which oxygen can be taken in and used during exercise.
- l. _____ An activity in which the intensity of the activity is low enough that cardiovascular system can supply enough oxygen to continue the activity for long periods of time.

SHORT ANSWER (3 points)

Use complete sentences and/or show all of your work

Ia. What is a warm-up designed to do ? (1 point)

- 1.
- 2.

3.

Ib. What is the purpose of a cool-down ? (1 point)

1.

2.

II. How is muscle strength and muscle endurance related? (1 point)

ESSAY (15 POINTS)

Use complete sentences and/or show all of your work.

Ia. What is the relationship between Flexibility and Fitness? I b. give one example to support your claim. (7 points)

II. Use both methods to find the Target Heart Rate for a 20 year old male who wants to exercise at 80% HR Max. He has a Resting HR of 60 beats per minute. (8 points)

Method 1

Formula:

$$\text{THR} = (220 - \text{Age}) * \% \text{ HR Max}$$

THR =

Method 2

Formula:

$$\text{THR} = \frac{[(207 - (.7 * \text{Age})) - \text{Rest HR}] * \% \text{ HR Max} + \text{Rest HR.}}$$

THR =

Thank you for taking the test. It is important to remember this is a pre-test. This information is needed to see where we can focus our time. Please do not hesitate to ask any questions regarding the test.

