Basic Health Screening Results

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| **Test Measure** | **Result** |
| Par-Q | No Yes' |
| Resting Heart Rate | 50 |
| Resting Blood Pressure | 110/75 |
| Height | 5'9 |
| Weight | 185lbs |
| BMI | 27.3 |

Body Composition Assessment

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| --- | --- |
| **Test Measure** | **Result** |
| BMI | 27.3 |
| Waist Circumference | 76.2cm |
| Bicep Skinfold | 3cm |
| Tricep Skinfold | 4cm |
| Subscapular Skinfold | 8cm |
| Iliac Crest Skinfold | 7cm |
| Calf Skinfold | 4cm |

Aerobic Fitness Assessment

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| **Test Measure** | **Result** |
| Final Stage | 7 |
| Final Heart Rate | 166bpm |
| Aerobic Fitness Score | Very Good |

Musculoskletal Fitness Assessment

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| --- | --- |
| **Test Measure** | **Result** |
| Push Ups | >36 |
| Partial Curl Ups | >25 |
| Grip Strength | >130kg |
| Vertical Jump | 80cm |

Back Health Assessment

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| --- | --- |
| **Test Measure** | **Result** |
| Sit and Reach | 26cm |
| Back Extension | >180 seconds |
| Curl Ups | >25 |
| Waist Circumference | 76.2cm |
| Physical Activity Questionnaire | 11 |