

## Health Screening

Before starting your procedure, it is important to acquire informed consent from the subject. This informs the subject what is going to be tested and what the purpose of the testing is. By signing the required forms, the subject then agrees to all the terms and conditions of the test and protects the researcher from liability issues. Similar to the consent, a Par-Q asks for consent from the subject in terms of being physically fit to exercise. Par-Q stands for Physical Active Readiness Questionnaire and goes through a simple checklist asking for things such as heart conditions, any medication use or other medical conditions that need to be cleared by a doctor if present. Resting heart rate (HR) is the amount of beats per minute the heart produces when in a resting state (not during exercise or physical activity). This allows for measurement of how physically fit the individual is and how much room there is for HR to increase during exercise. Equally important, is blood pressure (BP), it allows for us to see how efficient the heart and the body is at pumping blood and transporting it to the specific areas that need it most. There are two parts to BP, the amount of pressure during ejection of blood from the heart is referred to as systolic blood pressure and the amount of pressure when ejection is complete and the heart is filling is considered the diastolic pressure. When measuring body composition, the most acceptable and used measurement is BMI. Body mass index is the evaluation of an individual and subsequent categorization into underweight, normal, overweight or obese by manipulating height and weight. Its only downfall is it does not account for body composition and is therefore frowned upon by some.