Tutorial 1: Health Screening

Informed consent is considered valid when the patient is given an adequate explanation about the nature of the testing, the anticipated outcome, as well as any significant risks involved. The Physical Activity Readiness Questionnaire (Par-Q) is a self-screening tool that can be used by anyone who is planning to start an exercise program, assessing if there is any pre-existing medical concerns present. Resting heart rate is important factor in health screening; indicating the fitness status and efficiency of an individuals’ heart, the lower the resting heart rate indicates how many free beats per minute you have for during physical activity. Healthy resting heart rate levels fall below sixty beats per minute. Blood pressure is the force of blood pushing against the walls of the arteries as the heart pumps blood. Blood pressure is a good indication of the condition that arteries are in. Systolic blood pressure refers to the pressure when the heart beats while pumping blood, while diastolic refers to the pressure when the heart is at rest between beats. Healthy blood pressure values are 120/80 (systolic/diastolic), with female values typically being lower. Diastolic blood pressure should not rise during exercise. Body mass index (BMI) is calculated on the basis of height (cm) and weight (lbs.) and is a reliable, but not statistically valid measure of body proportion. Limitations of BMI overestimation of body fat in athletes and others who have a muscular build, and underestimation of body fat in older persons and others who have lost muscle.

Client Name: Stephanie Kendall

Age: 20

Cardiopulmonary Health

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| Systolic Blood Pressure ► 115mmHg |
|  |  |  |  |  |
| Optimal | Normal | Pre-Hypertension | Hypertension 1 | Hypertension 2 |
|  |  |  |  |  |
|  | 115 | 120 | 140 | 160 |  |
| Systolic blood pressure is the maximum pressure exerted when the heart contracts. Pre-exercise systolic blood pressure is affected by physical exertion and emotional state and therefore should be measured after at least five minutes rest. ▼ Lower is better |
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| * Your pre-exercise blood pressure is within the normal, or healthy, range. Have it checked at least once a year.
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|  |
| Diastolic Blood Pressure ► 70 mmHg |
|  |  |  |  |  |
| Optimal | Normal | Pre-Hypertension | Hypertension 1 | Hypertension 2 |
|  |  |  |  |  |
|  | 75 | 80 | 90 | 100 |  |
| Diastolic blood pressure represents the pressure exerted when the chambers of the heart refill with blood after a contraction. Unlike systolic blood pressure, healthy diastolic blood pressure does not rise greatly with increased physical exertion. ▼ Lower is better*High blood pressure is associated with heart attack, stroke and kidney failure. A single high measurement does not necessarily mean hypertension, nor does a single low measurement always indicate that high blood pressure is not present.* |
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| Pre-Exercise Heart Rate ► 68 bpm ► Healthy |
| Except for extremely low rates, the lower your pre-exercise heart rate, the better. A slow pulse indicates a strong, healthy heart. However, your heart rate may have been elevated during this test for reasons unrelated to your heart fitness, such as anxiety. |
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