

Free medical clearance essay sample

[Sport & Tourism](#), [Fitness](#)



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Individual exercise prescription

IEP is a definite set of activities that make up an individual's fitness plan which intend to improve their health. The plan clearly describes specific tasks and time required to complete the sessions, the frequency of the activities and the precautions that the individual needs to take for their safety.

Medical clearance is the process in which an individual consults a health expert to obtain professional advice on medical care, to be tested and also to have their health monitored.

The program is recommended for adults above the age of 45 years who are either pregnant and diabetic or are over-weight. Patients who smoke, have issues with their hearts, are recovering from injuries or experience chest pains and dizziness and faint often are advised to attend medical clearance.

Health related components of fitness

Flexibility

The relative extent to which one's muscles can stretch determines the soreness and tightness of the muscle.

For appropriate and steady progress; a frequency of 3 times of 1 hour sessions in a week for starters is essential. The exercises should be moderate at the beginning and may increase intensity as one progresses with the exercises.

Muscle strength

The cumulative force that a muscle or group of muscles working together can exert on an object in a single effort is called the muscle strength. Tests include trunk lifting and strength test. Such force can be increased by for instance, lifting weights and press-ups.

Muscle endurance

When muscles are able to achieve repeated contractions (of stretching and relaxing) over a specific period of time, they increase their total endurance. Tests such as push-ups and body weight percentage are essential.

For starters; exercising once a day for a period of 30 minutes with repetitions at a moderate intensity will be produce steady improvement in results.

Re-evaluation

When IEP results do not indicate any signs of improvement to an individual or they cause harmful effects to one's health; an analysis and evaluation of the specific exercises, their intensity and time is important.

Part II: heart fitness

It improves the performance of the heart by increasing the heart's pumping rate for specific periods of time.

Test:

- Walk for 1 mile.
- Run for half a mile.

Walking exercises or light jogging.

Frequency

Twice a day (preferably morning and evening) for 5-7 days a week

Intensity

Maintaining a consistent but moderate and manageable pace by the particular individual is crucial.

Time

Depending on the exercise; I recommend 30 minutes to 1 hour sessions. The individual may adopt longer periods as they get used to the intensity of the beginning levels of the exercises.

Work Cited

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