Fitness assessment analysis

Linguistics, English

Fitness assessment analysis The cardiovascular fitness is also known as aerobic fitness. It associates with lungs, blood vessels and heart working harmoniously to give blood that is rich of oxygen to body muscles during practice. High levels of cardiovascular fitness relates to low risks of many diseases inclusive of heart disease and hypertension. Form the table results given as 138 pulses in 10 seconds is an indication of lowering risks of diseases mentioned above. This individual is normal as he/she has a height of approximately 67 and weight of 121 that gives a BMI of 19. A BMI of 19 falls between 18. 5 and 24. 9 which reflect a normal person. 32 sit ups in 60 seconds are above average high endurance and muscular strength. The individual’s flexibility is lower compared to standards from results given. The hand grip test is also above average.

I was surprised by the sit ups scores that were very low. Doing 32 sit ups in 60 seconds means that 1 sit up takes more than 1 second which is bad. Secondly, the flexibility of this person is low as an average person should make at least 15. In this result, the highest flexibility value is 12. 7 meaning that is lower compared to set standards.

Of all the results, flexibility and sit ups that are low. For flexibility this individual should ensure that all joints are exercised for the whole body to be flexible. For great improvement on flexibility, individuals should perform a wide rage of stretches. Muscular strength can be improved by making exercise the same and working against heavy loads. An individual’s hands should also be forward while doing sit ups.

Cited works

National Heart Lung and Blood Institute Obesity Education Initiative

Guidelines on Overweight and Obesity Electronic Toolkit. http://www. nhlbi. nih. gov/guidelines/obesity/e_txtbk/txgd/4142. htm Accessed: November 30, 2006