

# Fitness

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Fitness Fitness Chad Evermore requires improving his golf game, despite the fact that he has regularly been exercising for the last eight years. He has done a lot of aerobics and just a little of resistance training. At his age, Mr. Chad is a healthy man and is highly motivated to start a training program. Before the exercise program can begin, an assessment has to be carried out. This assessment involves checking for physical fitness in terms of how much their muscles and cardiovascular organs can endure. These fitness tests are, however, preceded by discussions on medical or chronic conditions that Mr. Chad may be having. This initial formality is quite crucial for any trainer and their client. For Mr. Chad, a medical form was sent to his doctor and later returned with all the necessary medical questions and requirements filled out. It turned out that Mr. Chad is quite healthy, with no chronic illnesses. For a personal trainer, it is always important to familiarize with a patient's medical history. This familiarity ensures that one is fully aware of the client they are dealing with and whether they are fit enough for some of the exercise routines being made ready for them (Graves, 2000).

Once the decision to begin exercising is reached, cardiac anomalies are usually tested. This examination is done through a graded exercise test. This test was recommended to Mr. Chad because of his age. It is generally not performed on people under the age of 40 years. The test was done with utmost care, under the supervision of three highly trained medical personnel, who had brought with them emergency response medical equipment. A treadmill was used for running and walking exercises, after which his heart rate and blood pressure were measured and compared to the standard range.

To determine how hard Mr. Chad should train, a level of exercise intensity

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that would reasonably overload his cardiovascular system was identified. This identification was through the THR, which relates increasing exercise intensity to a faster heartbeat. The increasing pulse is caused by the muscles demanding for more blood and oxygen.

After this test, the next exercise was to assess Mr. Chad's cardiovascular endurance. This examination was done through the 12-minute run-walk test. The test was used to verify aerobic fitness levels before and after training. In this exercise, Mr. Chad covered a distance of 1.3 miles in 12 minutes, indicating that he had good cardiovascular endurance (Graves, 2000).

Having tested Mr. Chad's cardiovascular endurance, a muscular strength assessment was done. This test was done to check for the position in which he would start his activities, his posture and the variations in his motion. Any movement that was made to compensate for muscular stress or strain was noted. A muscular endurance assessment test was carried out to test for the limits within which specific body muscles could be pushed. This endurance assessment was performed using different exercises. The first task involved performing push-ups to test for the upper-body strength. He managed to do 18 push-ups before he was too exhausted to continue. This number shows that he has good muscle endurance. Secondly, he was trained on sit-ups and managed to complete 24 of them in one minute, again showing that he was good in them. He was taken out for a one-mile walk to test his cardiovascular fitness, and his oxygen uptake was found to be good.

The assessment concluded that Mr. Chad was fit to start his exercising and dieting routines. These activities were in order to increase his fitness levels and improve his golf game.

## References

Graves, B. (2000). Fitness. Mankato, Minn.: LifeMatters.