

Basis Fitness Assessment Testing.

Health Screening

Based on the ACSM Risk Assessment form to assess your risk of exercising before beginning on a fitness program at The Fitness Connection

Body Fat Test

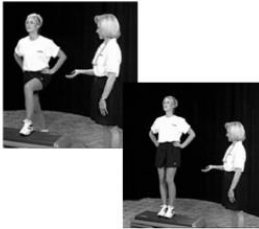
Bioelectrical impedance analysis (BIA) is a commonly used method for estimating body composition, and in particular body fat. BIA actually determines the electrical impedance, or opposition to the flow of an electric current through body tissues which can then be used to calculate an estimate of total body water (TBW). TBW can be used to estimate fat-free body mass and, by difference with body weight, body fat.



Submaximal VO₂ test

YMCA (3 Minute) Step Test

(p. 180, 3rd ed, p. 208, 4th ed)



- 12 inch platform
- Cadence 96 BPM (24 stepping cycles)
- 3 minute duration
- seat client & take radial pulse for 1 full min.

Many protocols for estimating VO₂ max have been developed for those for whom a traditional VO₂ max test would be too risky. These generally are similar to a VO₂ max test, but do not reach the maximum of the respiratory and cardiovascular systems and are called sub-maximal tests.

Flexibility



Strength & Muscular Endurance