



FITNESS MEASUREMENTS



Improving health, performance and appearance are important goals in anyone's life. Who would not like to look better, be stronger and live a longer, healthier life? If the benefits of exercise and a healthy diet were put into a pill, it would be the most prescribed drug of all time. Unfortunately, there is no pill available to deliver the benefits of exercise and a healthy diet. The strategy for success that will work is measuring fitness levels, setting goals, developing a plan for improvement and performing post measurements.

The **Five for Life Health Profile** consists of a fitness and health data report, gathered over time. There are three phases of the Five for Life Health Profile. Phase one consists of pre-measurements which gives baseline data, realistic goal setting is phase two of the program and phase three ties it all together with post-measurements. Completing all three phases provides a total picture of a person's fitness and health.

Included in the Five for Life Health Profile is information on assessments that measure the five components of fitness (Cardiorespiratory Endurance, Muscle Strength, Muscle Endurance Flexibility and Body Composition). There are several assessments available to measure each of the components of fitness that an individual can choose from. From this information, a person can accurately determine his/her levels of fitness and health.

Key vocabulary words that will be introduced during this unit are:

- **Ambient Heart Rate** – The number of times that the heart beats in one minute while sitting or in a sedentary state
- **Blood Pressure** – A measurement used to determine the force of the blood against the artery wall
- **Body Composition** – The combination of fat-free mass and fat mass
- **Curl-Ups** – An exercise that can develop and measure muscular endurance in the abdominals and hips
- **Exercise Heart Rate** – The highest number of times the heart beats while performing the three-minute step measurement
- **Five for Life Health Profile** – A fitness and health data report, gathered over time
- **Height** – The length of the body
- **Mile Run/Walk** – To measure cardiorespiratory endurance through a timed mile course
- **Push-Ups** – An exercise that can develop and measure muscular strength in the upper body
- **Recovery Heart Rate** – The heart rate measured after exercise
- **Seated Chest Press** – An exercise that can develop and measure muscular strength in the upper body
- **Seated Leg Press** – An exercise that can develop and measure muscular strength in the lower body
- **Sit and Reach** – A measure of flexibility in the hamstrings and lower back
- **Three-Minute Step** – To measure cardiorespiratory endurance through a three-minute timed basic step-up using a cadence
- **20 Meter Shuttle Run** – An activity used to measure cardiorespiratory endurance
- **Weight** – Combined weight of bones, muscles, organs, blood and water