



PHYSICAL-FITNESS ASSESSMENT RESULTS

Name: _____

HEART RATE

DATE: _____

Resting heart rate: _____ bpm Exercise heart rate: _____ bpm

BLOOD PRESSURE

DATE: _____

Resting blood pressure: ____/____ mmHg

VENTILATORY THRESHOLD TEST (TALK TEST) USING A TREADMILL

DATE: _____

Pre-exercise HR: _____ bpm Pre-exercise BP (if necessary): ____/____ mmHg

Stage 1

HR: _____ bpm Client assessment of discomfort _____

Stage 2

HR: _____ bpm Client assessment of discomfort _____

Stage 3

HR: _____ bpm Client assessment of discomfort _____

VT1 HR: _____ bpm

BALKE & WARE TREADMILL EXERCISE TEST

DATE: _____

Pre-exerciser HR: _____ bpm

Estimate of submaximal target HR (Maximum heart rate x 0.85): _____ bpm

Minute 1	HR: _____ bpm	RPE: _____	BP: _____ mmHg
Minute 2	HR: _____ bpm	RPE: _____	BP: _____ mmHg
Minute 3	HR: _____ bpm	RPE: _____	BP: _____ mmHg
Minute 4	HR: _____ bpm	RPE: _____	BP: _____ mmHg
Minute 5	HR: _____ bpm	RPE: _____	BP: _____ mmHg
Minute 6	HR: _____ bpm	RPE: _____	BP: _____ mmHg
Minute 7	HR: _____ bpm	RPE: _____	BP: _____ mmHg
Minute 8	HR: _____ bpm	RPE: _____	BP: _____ mmHg
Minute 9	HR: _____ bpm	RPE: _____	BP: _____ mmHg
Minute 10	HR: _____ bpm	RPE: _____	BP: _____ mmHg
Minute 11	HR: _____ bpm	RPE: _____	BP: _____ mmHg
Minute 12	HR: _____ bpm	RPE: _____	BP: _____ mmHg
Minute 13	HR: _____ bpm	RPE: _____	BP: _____ mmHg
Minute 14	HR: _____ bpm	RPE: _____	BP: _____ mmHg
Minute 15	HR: _____ bpm	RPE: _____	BP: _____ mmHg
Minute 16	HR: _____ bpm	RPE: _____	BP: _____ mmHg

Time until completion _____ minutes

Calculate estimated $\dot{V}O_{2max}$:

For men: $\dot{V}O_{2max} = 1.444$
(time in minutes) + 14.99

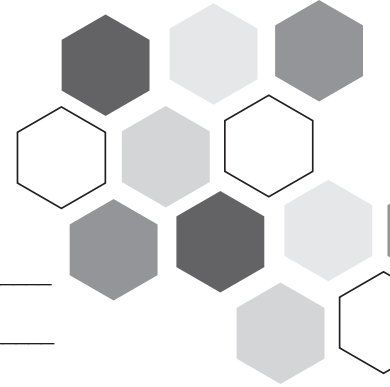
For women: $\dot{V}O_{2max} = 1.38$
(time in minutes) + 5.22

Estimated $\dot{V}O_{2max}$: _____

To calculate METs, divide $\dot{V}O_{2max}$
by 3.5 mL/kg/min

METs: _____





ROCKPORT FITNESS WALKING TEST (1 MILE)

DATE: _____

1-mile time: _____

Steady-state heart rate: _____ bpm

RPE: _____

Weather: _____

Location: _____

Surface area: _____

Other: _____

Calculate $\dot{V}O_2$:

Females: $\dot{V}O_2$ (mL/kg/min) = 132.853 – (0.1692 x Weight in kg) – (0.3877 x Age) – (3.265 x Walk time, expressed in minutes to the nearest 100th) – (0.1565 x HR)

Males: $\dot{V}O_2$ (mL/kg/min) = 139.168 – (0.1692 x Weight in kg) – (0.3877 x Age) – (3.265 x Walk time, expressed in minutes to the nearest 100th) – (0.1565 x HR)

$\dot{V}O_2$: _____

Performance rating: _____

Note: Refer to page 336 to determine performance rating.

STATIC POSTURAL ASSESSMENT

DATE: _____

Notes: _____

STORK-STAND BALANCE TEST

DATE: _____

Time to completion: _____ Reason for stopping: _____

Performance rating: _____

Note: Refer to page 343 to determine performance rating.

SHARPENED ROMBERG TEST

DATE: _____

Time to completion: _____ Reason for stopping: _____





MCGILL'S TORSO MUSCULAR ENDURANCE TEST BATTERY

DATE: _____

Trunk flexor endurance test:

Time to completion: _____

Trunk lateral endurance test:

Right side

Time to completion: _____

Left side

Time to completion: _____

Trunk extensor endurance test:

Time to completion: _____

Flexion/extension ratio: _____

Right-side bridge/left-side bridge ratio: _____

Side-bridge (either side)/extension ratio: _____

MODIFIED BODY-WEIGHT SQUAT

DATE: _____

Depth of squat: _____ degrees

Number of repetitions: _____

Where does the client report feeling the muscles working the most? _____

Knee alignment from anterior view: _____

FRONT PLANK

DATE: _____

Time to completion _____

Where does the client report feeling the muscles working the most? _____

OVERHEAD REACH

DATE: _____

Do the thumbs touch the floor? _____

Does the client arch the back? _____

Analysis of shoulder flexibility (adequate/inadequate): _____

