Fitness Specialist
Chapter 6 Outline

Pre-Test and Safety Procedures

Measuring Heart Rate

Measuring Blood Pressure

VO2 max, Perceived Exertion Scale and Heart Rate Reserve

Absolute vs. Relative Max. O2 Uptake

YMCA Bicycle Test

YMCA Step Test

Rockport Walking Test
Body Composition  (Hydrostatic Weighing, Bioelectrical Impedance, BMI, Anthropometry, Skinfold Calipers)

Body Composition - Body Fat % Categories

Flexibility Testing  (Sit and Reach, Trunk extension, Hip flexion, Shoulder flexibility)

Muscular Strength- Dynamic Strength Testing

Muscular Endurance- Push up test, Sit up test, Bench press test