

**KINS-153 Guidelines for the Report ( \_\_\_\_ % of 30 pts = \_\_\_\_ )**

**Introduction (3 points)**

- 1) Outline of the contents of the report \_\_\_\_\_
- 2) The importance of cardiovascular health and physical activity (min & max amount) \_\_\_\_\_
- 3) Benefits of the cardiovascular fitness and health evaluation \_\_\_\_\_

**Explanation and Interpretation of Health & Fitness Tests (33 points)**

- 1) Blood Chemistry Profile Explanation \_\_\_\_\_
  - Explanation of fasting blood lipid and glucose indices \_\_\_\_\_
  - Normative and recommended values \_\_\_\_\_
- 2) Blood Chemistry Profile Results & Interpretation \_\_\_\_\_
  - a) Total Cholesterol, HDL, LDL, and Triglycerides \_\_\_\_\_
  - b) Glucose \_\_\_\_\_
  - c) Hematology \_\_\_\_\_
- 3) Medical History and Risk Stratification Explanation \_\_\_\_\_
  - Normative and recommended values \_\_\_\_\_
- 4) Results of Medical History and Risk Stratification for CAD & Interpretation \_\_\_\_\_
  - a) ACSM Health Risk Assessment \_\_\_\_\_
  - b) Framingham 10 yr Risk \_\_\_\_\_
  - c) Summary Table of # of Risk Factors + Risk Stratification \_\_\_\_\_
- 5) Body Composition Explanation \_\_\_\_\_
  - a) Explanation of body composition \_\_\_\_\_
  - b) Explanation of body comp techniques \_\_\_\_\_
  - c) Explanation of terms (FFM, FM, body density) \_\_\_\_\_
  - d) Norms and recommendations (ideal % body fat) \_\_\_\_\_
- 6) Body Composition Results & Interpretation \_\_\_\_\_
  - a) Height and Weight \_\_\_\_\_
  - b) BMI and Waist Circumference \_\_\_\_\_
  - c) Skinfold \_\_\_\_\_
  - d) % body fat \_\_\_\_\_
- 7) Cardiovascular Fitness Test Explanation \_\_\_\_\_
  - a) Explanation of cardiovascular fitness \_\_\_\_\_
  - b) Norms and recommendations for cardiovascular fitness/health \_\_\_\_\_
  - c) Explanation of GXT Test \_\_\_\_\_
  - d) Explanation of terms VO<sub>2</sub> max, HRmax, BPmax, ECG, SS) \_\_\_\_\_
- 8) Incremental Exercise Test Results & Interpretation \_\_\_\_\_
  - a) VO<sub>2</sub> max or VO<sub>2</sub>peak, Workload (Watts or MPH/Grade), & RPE \_\_\_\_\_
  - b) Interpretation of VO<sub>2</sub>max or Vo<sub>2</sub> peak – Cardiovascular Fitness \_\_\_\_\_
  - c) Ventilation Threshold Measurement \_\_\_\_\_
  - d) Cardiovascular Response-HR rest & max, BP rest & max (sBP & dBP) \_\_\_\_\_
  - e) EKG rate, rhythm, interval, and axis at rest/exercise \_\_\_\_\_
  - f) EKG abnormalities (ST depression, arrhythmias, blocks, PVC, PAC) \_\_\_\_\_
  - g) Signs and symptoms (SS) & abnormal responses \_\_\_\_\_
  - h) Figures of HR, RPE, BP and VO<sub>2</sub> responses to workload \_\_\_\_\_
- 9) Summary of Cardiovascular Fitness and Health Evaluation \_\_\_\_\_

**Recommendations (30 points)**

- 1) Recommendations for the improvement of health and cardiovascular health including diabetes, obesity, hypertension and hyperlipidemia (i.e. %BF, VO<sub>2</sub>max, blood lipids include NCEP guidelines, blood sugar, & blood pressure) \_\_\_\_\_
- 2) Specifically, address the patients goals – i.e. improvement in exercise performance and/or muscular strength. \_\_\_\_\_
- 3) Exercise prescription to promote physical activity and maintain/increase cardiovascular Fitness (12 weeks). Be sure to include all areas: cardiorespiratory fitness, muscular strength, and flexibility. When prescribing exercise intensity use DIRECT Method of HRs/RPEs/workload at Ventilation Thresholds or 50-85% of VO<sub>2</sub> max (If VTs not detected) \_\_\_\_\_
  - Ex Rx including *Training Zones, FIT/volume components & progression* \_\_\_\_\_
  - Caloric expenditure of activities i.e. must meet minimum requirement to improve health \_\_\_\_\_
  - Body composition recommendations for maintenance, weight loss/gain and/or attainment of ideal % body fat. \_\_\_\_\_

**Appendix – References & Worksheets including data sheets, & blood lipid panel! (4 points)**

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