**Lab #1 and #5**

**Data Collection Sheet**

**(Your Copy)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | |  | **Initial**  **Assessment**  **Date \_\_\_\_\_\_\_\_\_\_\_\_\_** |  | **Final**  **Assessment**  **Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| **Body Composition** | |  | **Result** |  | **Result** |
|  | Bodyweight |  |  |  |  |
|  | Body Fat Percent (BIA) |  |  |  |  |
|  | Body Mass Index (BMI) |  |  |  |  |
|  |  |  |  |  |  |
| **Cardiorespiratory Function** | |  | **Result** |  | **Result** |
|  | Resting Heart Rate (RHR) |  |  |  |  |
|  | Maximal Heart Rate (MHR) |  |  |  |  |
|  | 3-minute Step Test |  |  |  |  |
|  | Target Heart Rate (THR) |  |  |  |  |
|  | THR = (220 –age – RHR) x % exercise intensity + RHR  \*Calculations based on step test rating |  |  |  |  |
| **Muscle Endurance** | |  | **Result** |  | **Result** |
|  | 1-minute Push-up Test |  |  |  |  |
|  | 1-minute Sit-up Test |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Flexibility** | |  | **Result** |  | **Result** |
|  | Sit & Reach Test |  |  |  |  |
|  |  |  |  |  |  |