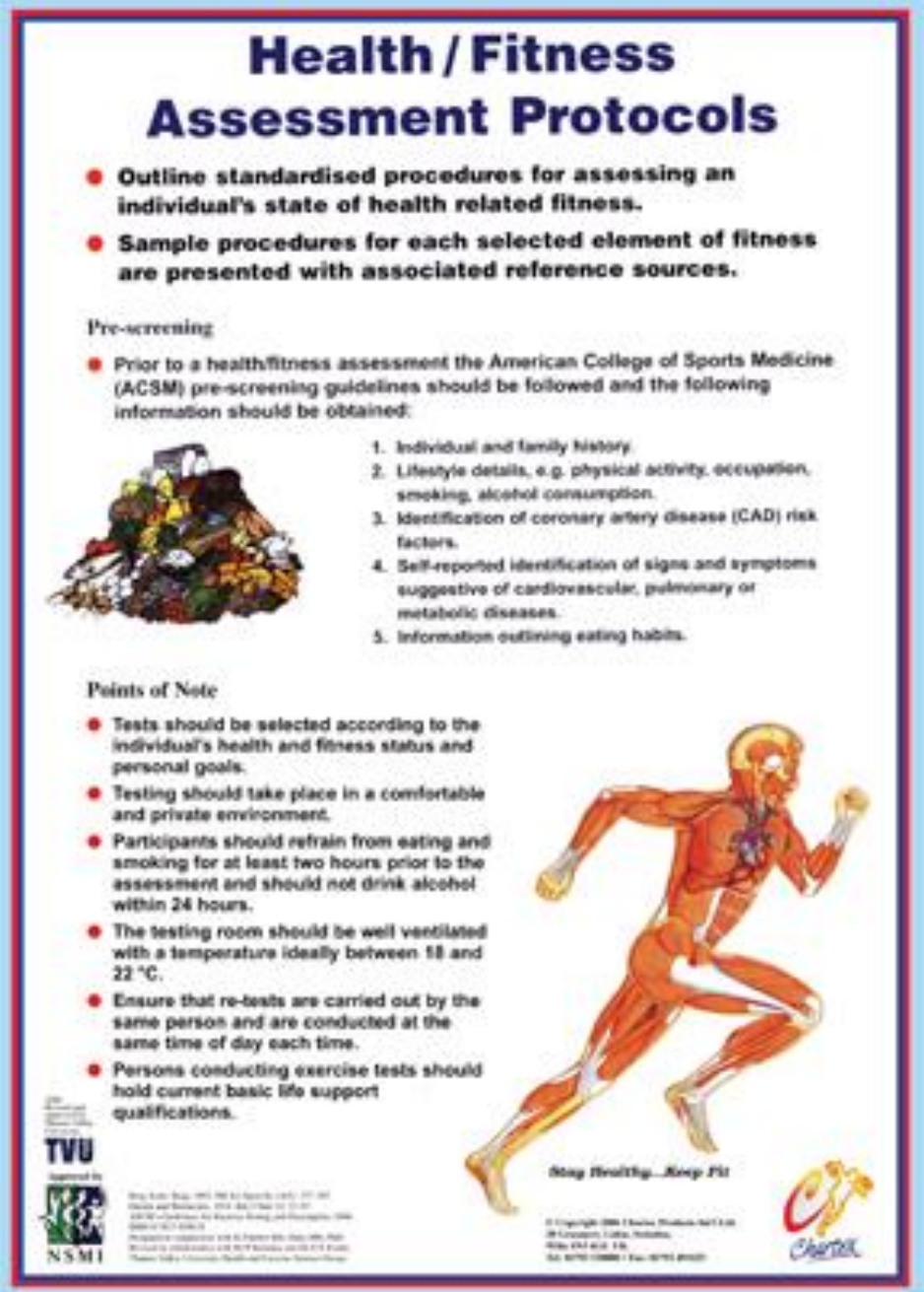


Health Fitness Assessment Protocols Chart– CT009

<p>Description</p>	<p>◆ This chart sets out the standardised procedures for assessing an individual state of health-related fitness. Sample procedures for each selected element of fitness are presented with associated reference sources, plus a list of pre-screening guidelines. The charts are approved by the National Sports Medicine Institute of the UK and have been designed in conjunction with K Fulcher and revised in collaboration with Dr P Bromley and Dr S N Evetts (Thames Valley University Health and Exercise Science Group).</p>
<p>Details</p>	<p>1. Dimension: A1 Size</p>
<p>Image</p>	 <p>The image shows a poster titled "Health / Fitness Assessment Protocols". It contains the following text:</p> <p>Health / Fitness Assessment Protocols</p> <ul style="list-style-type: none"> ● Outline standardised procedures for assessing an individual's state of health related fitness. ● Sample procedures for each selected element of fitness are presented with associated reference sources. <p>Pre-screening</p> <ul style="list-style-type: none"> ● Prior to a health/fitness assessment the American College of Sports Medicine (ACSM) pre-screening guidelines should be followed and the following information should be obtained: <ol style="list-style-type: none"> 1. Individual and family history. 2. Lifestyle details, e.g. physical activity, occupation, smoking, alcohol consumption. 3. Identification of coronary artery disease (CAD) risk factors. 4. Self-reported identification of signs and symptoms suggestive of cardiovascular, pulmonary or metabolic diseases. 5. Information outlining eating habits. <p>Points of Note</p> <ul style="list-style-type: none"> ● Tests should be selected according to the individual's health and fitness status and personal goals. ● Testing should take place in a comfortable and private environment. ● Participants should refrain from eating and smoking for at least two hours prior to the assessment and should not drink alcohol within 24 hours. ● The testing room should be well ventilated with a temperature ideally between 18 and 22 °C. ● Ensure that re-tests are carried out by the same person and are conducted at the same time of day each time. ● Persons conducting exercise tests should hold current basic life support qualifications. <p>The poster also features an illustration of a runner and a basket of fruit. Logos for TVU and NSMI are visible at the bottom left, and a "Keep Healthy...Keep Fit" slogan and a stylized logo are at the bottom right.</p>