**Personal Fitness Assessment**

1. Physical Activity Readiness

* Questionnaires to assess your current fitness and lifestyle
* Helps determine your readiness to start a physical activity program
* Questionnaires such as the Fantastic lifestyle checklist, PAR-Q and You, and Health and Physical Activity Participation Questionaire

1. Body Composition Appraisals

* Determine your current health related fitness
* The Canadian Physical Activity, Fitness and Lifestyle Appraisal (CPAFLA) provides a standardized approach to measuring fitness levels
* Tests needing sophisticated equipment include DEXA (use X-rays to analyze body composition), Hydrostatic weighing, Bioelectrical Impedance (differ tissues conduct electricity differently)
* Less Sophisticated tests include Skin Caliper measurements, Body Part Girth measurements, BMI calculations

1. Aerobic Appraisals

* VO2 max testing will give an accurate assessment of the aerobic energy system
* If equipment is unavailable, VO2 Max can be estimated from the 1.5 Mile test, “BEEP” tests, Step tests etc

1. Musculoskeletal Appraisals

* There are several tests that can performed to assess muscular strength, muscular endurance, agility, flexibility, and coordination
* Hand dynamometers measure grip strength
* Vertical jumps, long jump, and one rep max, can be used to measure power and strength
* Goniometer (similar to a protractor) can measure joint flexibility
* Sit and reach can measure flexibility
* Meter stick drops for reactions times
* 10 to 40 yd sprints for speed assessment

1. Interpreting Results

* Each test completed will provide information on which to base your training program
* The training program should be designed to meet the needs of the athlete and the sport
* Use the F.I.T.T. Principle to guide the process of program development

Note : References for Fitness Assessment and Fitness Program development Textbook Chapter 14 and Student workbook pages 143 – 156.