

## FITNESS ASSESSMENT RESULTS

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**Gender** Male      **Age** 54

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### FITNESS MEASURES

#### **Resting heart rate**

This indicates the number of times your heart beats per minute at rest. This value is very individual but is generally between 60 and 80 beats per minute.

#### **Blood pressure**

This indicates the pressure exerted by the blood on the vessel walls. The first number represents the pressure when the heart ejects blood, while the second number is the pressure while the heart is filling with blood.

#### **Body composition**

This indicates the amount of fat in the body. Fatness can be measured in various ways. In this assessment, it was measured via skinfolds, waist to hip ratio and BMI (Body Mass Index).

#### **Cardiovascular fitness**

This indicates how well your body can take in and consume oxygen during exercise. It was determined by predicting your maximal oxygen consumption (VO<sub>2</sub> max). Your VO<sub>2</sub> max will increase with aerobic training, indicating your body's efficiency at using oxygen for work.

#### **Trunk flexibility**

This indicates trunk as well as hamstring flexibility. Good lower back and hamstring flexibility is important in reducing the risk of low back injury and muscle strains.

#### **Abdominal strength**

This indicates the strength of your abdominal muscles. This is important in helping to maintain posture of the body.

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FITNESS MEASURE	VALUE	RATING
<b>Resting Heart Rate (bpm)</b>	66	<b>Normal</b> – your heart is pumping within normal limits
<b>Resting Blood Pressure (mm Hg)</b>	120/82	<b>Normal</b> – your blood vessels are not under excessive strain
<b>Waist Circumference (cm)</b>	91.55	
<b>Hip Circumference (cm)</b>	98.25	
<b>Waist to Hip Ratio</b>	0.932	<b>Moderate risk</b> for cardiovascular disease, type II diabetes and some cancers. Moderate risk is defined as 0.90 – 0.95cm.
<b>Mass (kg)</b>	76	
<b>Height (cm)</b>	173.0	
<b>BMI (kg/m<sup>2</sup>)</b>	25.41	<b>Overweight</b> – you fall just within this category, which places you at an increased risk for type II diabetes, hypertension and cardiovascular disease. A weight of 74kg will place you in the normal category.
<b>Sum of 3 Skinolds (mm)</b> <i>Subscapular</i> <i>Abdominal</i> <i>Supraspinale.</i> <b>Sum of 3 Skinolds</b> <i>Bicep</i> <i>Tricep</i> <b>Sum of 5 Skinolds</b>	14.7 23.3 11.7 <b>49.7</b> 4.75 12.4 <b>66.85</b>	This places you in the <b>top 40-50<sup>th</sup></b> percent of people within your age and gender of 50-59. This means the sum of those three skin folds sites is less than 50-60% of people your age.
<b>Cardiovascular Fitness</b> <i>VO<sub>2</sub>max (L/min)</i> <i>VO<sub>2</sub>max (ml/kg/min)</i>	2.95 38.82	This is a measure of your endurance capacity and places you at approximately the <b>top 35%</b> of people your age and gender.
<b>Trunk Flexibility (cm)</b>	35cm	This places you within the <b>bottom 25-50<sup>th</sup></b> percent of people within your age and gender.
<b>Abdominal Strength (level)</b>	Level 4	<b>Good</b>

\* C7 to superior medial border of scapula R = 5.5cm, L= 8.5cm