**Program Design Assignment**

You have just completed a fitness assessment on Sally Creek. Below are the summary scores from each assessment.

1. Fill in the necessary information regarding ratings and 6-month goals on the chart:

**Name: ­­­­­­­­­\_\_**Sally Creek**\_\_\_ Date: ­­­­­­\_\_**January 15, 2021**\_\_\_ M / F**

**Age: \_\_**67**\_\_ Date of Birth: \_\_**March 11, 1953**\_ Height**: \_\_63\_ in **Weight**: ­­­­­­­\_\_178\_ lbs

|  |  |  |  |
| --- | --- | --- | --- |
| **Fitness Variable** | **Score** | **Rating** | **6-Month Goal** |
| **Body Composition** | **32%** |  |  |
| **Cardiovascular Endurance** | **23.1 ml/kg/min** |  |  |
| **Muscular Endurance** | **7 sit ups** |  |  |
| **Muscular Strength** | **R – 18****L - 17** |  |  |
| **Flexibility** | **12** |  |  |

**Goals**: To have more energy throughout the day and to lose weight.

2. Given her current health status, fill in the appropriate F,I,T,T you will use to guide your exercise programming. *Be sure to calculate heartrate, given the exercise intensity you select.*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Frequency** | **Intensity** | **Time** | **Type** |
| **Aerobic Training** |  |  |  |  |
| **Resistance Training** |  |  |  |  |
| **Flexibility Training** |  |  |  |  |

3. Use the page from the log book below to fill in a sample exercise program for one session with you:

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Pre-session comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Pre-exercise Heart Rate: \_\_\_\_\_\_\_\_\_\_\_\_ bpm

Pre-exercise Blood Pressure: ­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cardiovascular Exercise

|  |  |  |
| --- | --- | --- |
| Exercise | Duration | Intensity |
| Mode |  | Heart Rate | RPE |
| Warm Up: |  | Target: | Target: |
| Cardio Session: |  | Target: | Target: |
| Cool Down: |  | Target: | Target: |

Resistance Exercises

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Exercise | Reps | Sets | Intensity | Comments |
|  |  |  | HR | RPE |  |
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Flexibility comments:

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Post-exercise Heart Rate: \_\_\_\_\_\_\_\_\_\_\_\_ bpm

Post-exercise Blood Pressure: ­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Post-session comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_