Wellness Profile Paper

Length 7 pages, double spaced, Times Roman Font, letter size 12pt, with all margins set at 1 inch.

Page one and two:

A. Define Cardio repertory fitness and describe how to calculate Target Heart rate and establish your personal target heart rate zone. Provide your target heart rate and identify upper and lower ranges of target heart rate zone. Then describe how to use your target heart rate zone to 1. Improve health, 2. Lose weight and 3. Decrease resting heart rate and lower blood pressure. Utilize F. I. T. T. Principles in your answer for each.

B. Define Muscular Strength: describe what the term one rep max is and how to use your one rep max to train your body for 1. Strength, 2. Endurance and 3. General health. Identify the F.I.T.T. principle for each of the three types of training.

C. Define Muscular Endurance: 1. Describe Periodization and how to utilize Periodization in developing strength and endurance, 2. Describe Specificity of training and with details describe how to incorporate Specificity in to improving your wellness ratings, and 3. Identify areas you can utilize Cross training to accomplish improvement in your wellness profile. Utilize F. I. T. T. Principle in describing your utilization of periodization, specificity and cross training.

D. Define Flexibility: 1. Describe how to assess flexibility and Range of motion, 2. Describe how to improve Range of motion utilizing FITT principles and 3. Describe the down falls of too much Joint mobility.

E. Define Body competition: 1. Identify your body fat percentage, your lean muscle mass, 2. Describe the various methods of body fat measurements; a. identifying which is most accurate, b. what type of measurement is the gold standard for measurement and c. Why is it not Practical for everyday use, and 3? Which measure of fat distribution is used to identify risk of heart disease and give your specific measurements and your risk?

F. Define Frequency, intensity Time and type for each of the five Physical component of Wellness

G. Define Basal Metabolic rate (BMR) and describe how to calculate and how to use BMR to get healthy.

H. What should your Heart rate be? What is it now and how can you get it lowered

I. What is normal Blood pressure? What is your current Blood Pressure? How is your current Blood pressure affecting your health

J. What is cholesterol and what are its components? What is your Cholesterol and are you at risk?
Page 3, 4, 5, 6 and 7 should use your Personal Wellness profile to show how you can change your lifestyle and develop fitness goals to improve your health.

Page 3 and 4

A. Describe what your BMR is and how Many calories you should have above BMR to incorporate your current activity level.
B. How can you use your BMR to 1? Maintain your weight, 2. Gain weight and 3. How to lose weight?
C. What is your Resting Heart rate?
D. What is your Blood Pressure?
E. What is your respiration rate?
F. What is your Cholesterol identifying your HDL, LDL, and Triglyceride levels
G. What is your target Heart rate Zone high and Low?
H. How can you use these numbers target heart rate zone to improve your cardiorespiratory fitness level?
I. What Exercise will improve Cardio respiratory fitness?
J. How long must you exercise and how often to improve Health?
K. What are the Benefits of improving your cardio respiratory fitness?

Page 5 and 6

A. What is your one rep max on a variety of lifts?
B. How many push up can you do in one minute and how does this compare with others your age?
   How do you rate with upper body strength
C. How many sit ups can you complete in on minute and how does this compare with other people your age, give your rating?
D. How do you compare and how can you improve your strength especially with core muscles?
E. Identify the potential problems with poor flexibility and weak core strength
F. Develop a program for strength and endurance to improve yours, incorporate a variety of exercises and incorporate FITT principles.
G. What is DOMS and how can you decrease it.
H. Describe and Demonstrate Periodization and Specificity in a Strength and Endurance program design utilizing FITT principles. List exercises, day and variability in a program you design for improvement of your personal results on sit ups, pull ups, push-ups, bench press, squats, leg press, bicep curls, triceps, upper and lower back muscles, Legs, core and Chest.
A. Describe proper warm up and cool down?
B. Describe when you should incorporate work on flexibility?
C. What are the types of flexibility?
D. Describe how to and when to incorporate each type of stretching?
E. Describe the structure of the spine
F. Define intervertebral disc?
G. What is Nerve compression? What is disc herniation?
H. How should you care for injured back?
I. Summarize Physical Components of fitness with each FITT principle?
J. Describe the benefits to improvement in rating as they affect your health?
K. Identify total calories you need to maintain your weight at your current weight?
L. What percentage of Carbohydrate, Fats and Protein do you need and what is the caloric value you should have in each of the three categories.
M. How much protein should you have per day?
N. How many calories are burned running a mile?
O. How many calories equals one pound of weight?
P. Define Vitamins and Minerals? Do they have energy or calories?
Q. How should you use Basal Metabolic rate to plan your caloric intake?