

CLIENT ASSESSMENT RECORDING FORM

Pretest Post-test (circle one)

Client's name: Age: Gender:

Goals:

Short-term -

Long-term -

Pre-participation screening notes and Risk Stratification:

Assessment Dates: (1) (2)

Comments:

Vital Signs	Score or Result	Classification (pg.233)
Resting blood pressure		
Resting heart rate		

Body Composition Measures	Score or Result	Classification
Height		
Weight		
Body mass index		
<i>Show calculation -</i>		
Waist circumference		
Hip circumference		
Waist-to-hip ratio pg. 239		
% Body Fat (method)		

Cardiorespiratory Endurance	Score or Result	Classification
Queen's Step Test (pg. 114 ACSM HRPF Manual)		
VO ₂ Max		

Determining VO₂ from Step Test:

Insert values for heart rate recovery (*HR*) into the following equation:

Males: $VO_{2max} = 111.33 - (0.42 \times \text{HR}) = \text{ml/kg/min}$

Females: $VO_{2max} = 65.81 - (0.1847 \times \text{HR}) = \text{ml/kg/min}$

Muscular Endurance	Score or Result	Classification
Partial Curl-up (pg. 228)		
Push-ups (pg. 89 ACSM HRPF Manual)		

Muscular Strength	Score or Result	Classification
1 RM Bench Press (pg. 226)		
Grip Strength (pg. 81 ACSM HRPF Manual)		

Flexibility	Score or Result	Classification
Sit & Reach (pg. 231)		
Shoulder Flex		

Male & Female	College-Age Norms:
Excellent	>= 5
Above Avg.	2-4.75
Avg.	0-1.75
Below Avg.	-1 to -0.25
Needs improvement	<-1

VO₂MAX NORMS

	POOR	FAIR	GOOD	EXCELLENT	SUPERIOR
WOMEN					
20-29	<31	32-34	35-37	38-41	42+
30-39	<29	30-32	33-35	36-39	40+
40-49	<27	28-30	31-32	33-36	37+
50-59	<24	25-27	28-29	30-32	33+
60+	<23	24-25	26-27	28-31	32+
MEN					
20-29	<37	38-41	42-44	45-48	49+
30-39	<35	36-39	40-42	43-47	48+
40-49	<33	34-37	38-40	41-44	45+
50-59	<30	31-34	35-37	38-41	42+
60+	<26	27-30	31-34	35-38	39+

THE PHYSICAL FITNESS SPECIALIST CERTIFICATION MANUAL, THE COOPER INSTITUTE FOR AEROBICS
RESEARCH, DALLAS, TX. REVISED 1997.