

**LEVEL I**  
**PHYSICAL ASSESSMENT**

**OF**

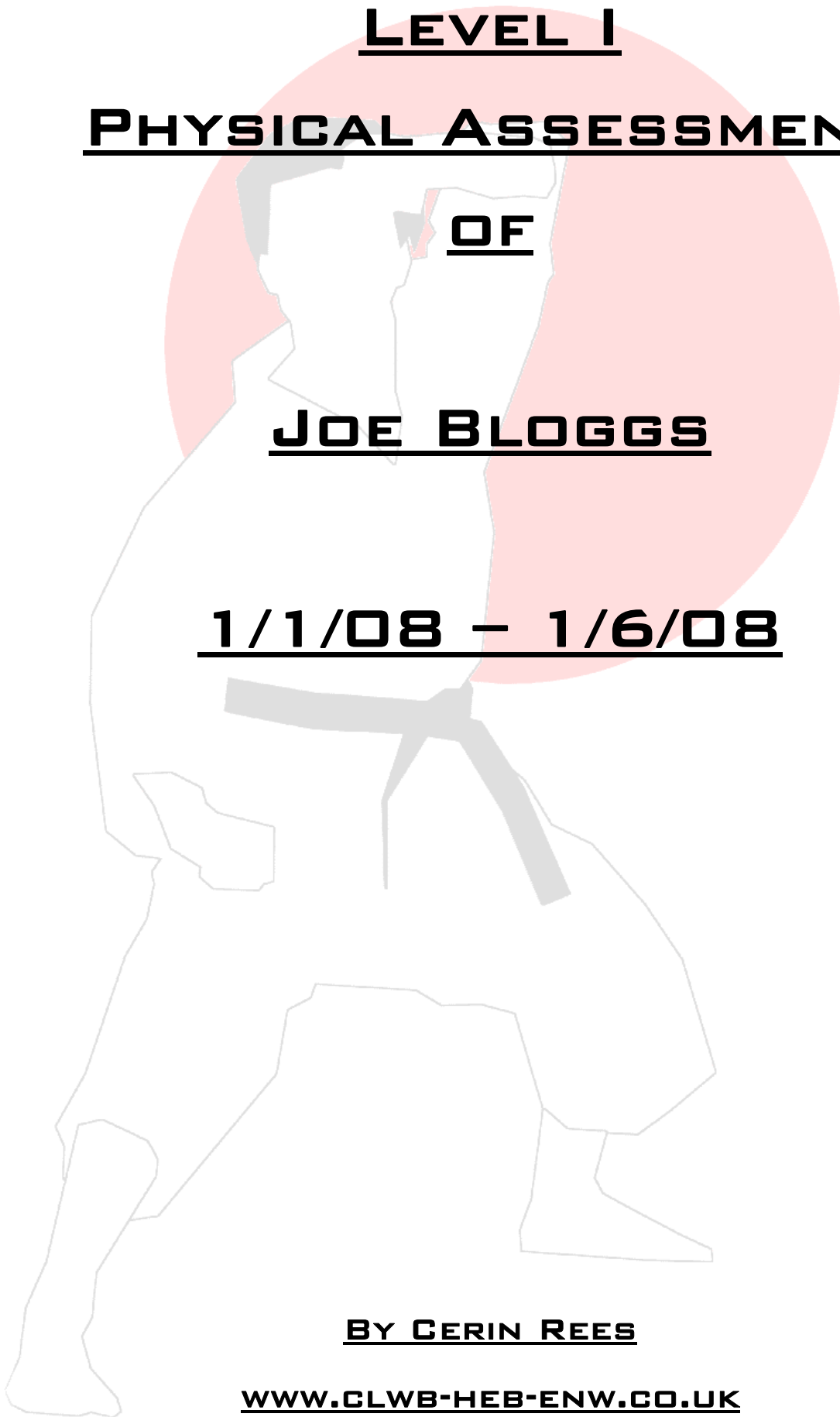
**JOE BLOGGS**

**1/1/08 – 1/6/08**

**BY CERIN REES**

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## What your assessment results mean.

### Height

This is simply how tall you are. In a fully grown adult, there will not be much variation in this. But people can “shrink” by a couple of centimeters through the day, then “grow” again over night. This is caused by gravity and is nothing to worry about.

### Weight

This is your total bodyweight. Remember, that includes the weight of your skeleton, blood, muscles and internal organs, not just bodyfat. But in most adults, the main variations come from bodyfat levels.

### BMI (Body Mass Index)

This is a simple but effective way of assessing your weight and potential risks of developing various conditions. BMI is suitable for most people except elite strength athletes. There are 6 classifications, ranging from underweight to extreme obesity.

### **Risks associated with obesity**

- high blood pressure (this will be discussed later),
- heart disease and stroke,
- high cholesterol levels (fatty deposits blocking up your arteries),
- gall bladder disease,
- gastro-oesophageal reflux disease (when acid from the stomach flows up into the gullet) and associated problems,
- arthritis of the back, hips, knees and ankles,
- diabetes, and difficulty controlling existing diabetes,
- polycystic ovarian syndrome (PCOS - multiple cysts within the ovaries), and
- reduced life expectancy.

Obesity also contributes a third of cancers of the colon, breast, kidney and stomach. Many people may also experience psychological problems, such as:

- having low self-esteem (self-worth) - or poor self image,
- having low confidence levels,
- feeling isolated in society, or
- having reduced mobility leading to a poor quality of life.

### Blood Pressure

Your blood pressure is measured in millimeters of Mercury (mmHg) and has two parts:

- **Systolic pressure (the first reading)** is the blood pressure when the heart actually beats and forces blood around the body.
- **Diastolic pressure (the second reading)** is the blood pressure when the heart is resting *between* beats.

Factors causing high blood pressure (hypertension) include:

- age - the risks increases as you get older,
- a family history of high blood pressure - the condition seems to run in families,
- being of Afro-Caribbean or South Asian origin,
- obesity,
- lack of exercise,
- smoking,
- drinking excessive alcohol,
- high amount of salt in your diet,
- high fat diet,
- stress.

High blood pressure increases the risks of:

- cardiovascular diseases such as a stroke, heart attack, blood clot or aneurysm
- Kidney disease

### **Sedentary Heart Rate.**

The fitter a person and the more efficient their heart and lungs are working, the slower their heart rate. This makes a resting heart rate is a guide to a persons fitness/cardiovascular efficiency.

### **Body Measurements**

These show the shape of your body and can be used to calculate your:

#### **Waist to hip ratio**

This is an alternative way to BMI to assess a persons bodyweight and has been suggested could be more appropriate for older people (75+). It simply compares a persons hip and waist measurements and has been shown to be a good guide to a persons health and their potential risks to cardiovascular and heart disease.

#### **Fitness Test**

The fitness test gives you an indication of how aerobically fit you are. That means, how efficient your heart and lungs are at using oxygen to power your muscles.

A fitter person:

- has a bigger, stronger heart
- has a lower resting heart rate
- wont get out of breath easily
- will recover much quicker after they have got out of breath
- has more energy.
- has reduced stress.
- has stronger bones and muscles.
- has better balance, strength, suppleness and mobility.
- has improved sleep.
- has improved body shape.
- has more independence in later life.

## How you compare to the ideal

### Body Mass Index

Classification	Risk	BMI Score
Underweight	Moderate	< 18.5
Normal	Very Low	18.5-24.9
Overweight	Low	25-29.9
Obese Class 1	Moderate	30-34.9
Obese Class 2	High	35-39.9
Extreme Obesity	Very High	> 40

### Waist/Hip Ratio

	Acceptable		Unacceptable	
	Excellent	Good	Average	High
Male	< 0.85	0.85 - 0.90	0.90 - 0.95	> 0.95
Female	< 0.75	0.75 - 0.80	0.80 - 0.85	> 0.85

### Resting Heart Rate

Men						
Age	18 -25	26 -35	36 -45	46 - 55	56 -65	65+
Athlete	49-55	49-54	50-56	50-57	51-56	50-55
Excellent	56-61	55-61	57-62	58-63	57-61	56-61
Good	62-65	62-65	63-66	64-67	62-67	62-65
Above Average	66-69	66-70	67-70	68-71	68-71	66-69
Average	70-73	71-74	71-75	72-76	72-75	70-73
Below Average	74-81	75-81	76-82	77-83	76-81	74-79
Poor	82+	82+	83+	84+	82+	80+

Women						
Age	18 -25	26 - 35	36 -45	46 - 55	56 -65	65+
Athlete	54-60	54-59	54-59	54-60	54-59	54-59
Excellent	61-65	60-64	60-64	61-65	60-64	60-64
Good	66-69	65-68	65-69	66-69	65-68	65-68
Above Average	70-73	69-72	70-73	70-73	69-73	69-72
Average	74-78	73-76	74-78	74-77	74-77	73-76
Below Average	79-84	77-82	79-84	78-83	78-83	77-84
Poor	85+	83+	85+	84+	84+	84+

### Fitness Test - Men

Age	20-29	30-39	40-49	49+
Outstanding	34-36	35-38	37-39	37-40
Very Good	37-40	39-41	40-42	41-43
Good	41-42	42-43	43-44	44-45
Fair	43-47	44-47	45-49	46-49
Low	48-51	48-51	50-53	50-53
Poor	52-59	52-59	54-60	54-62

### Fitness Test - Women

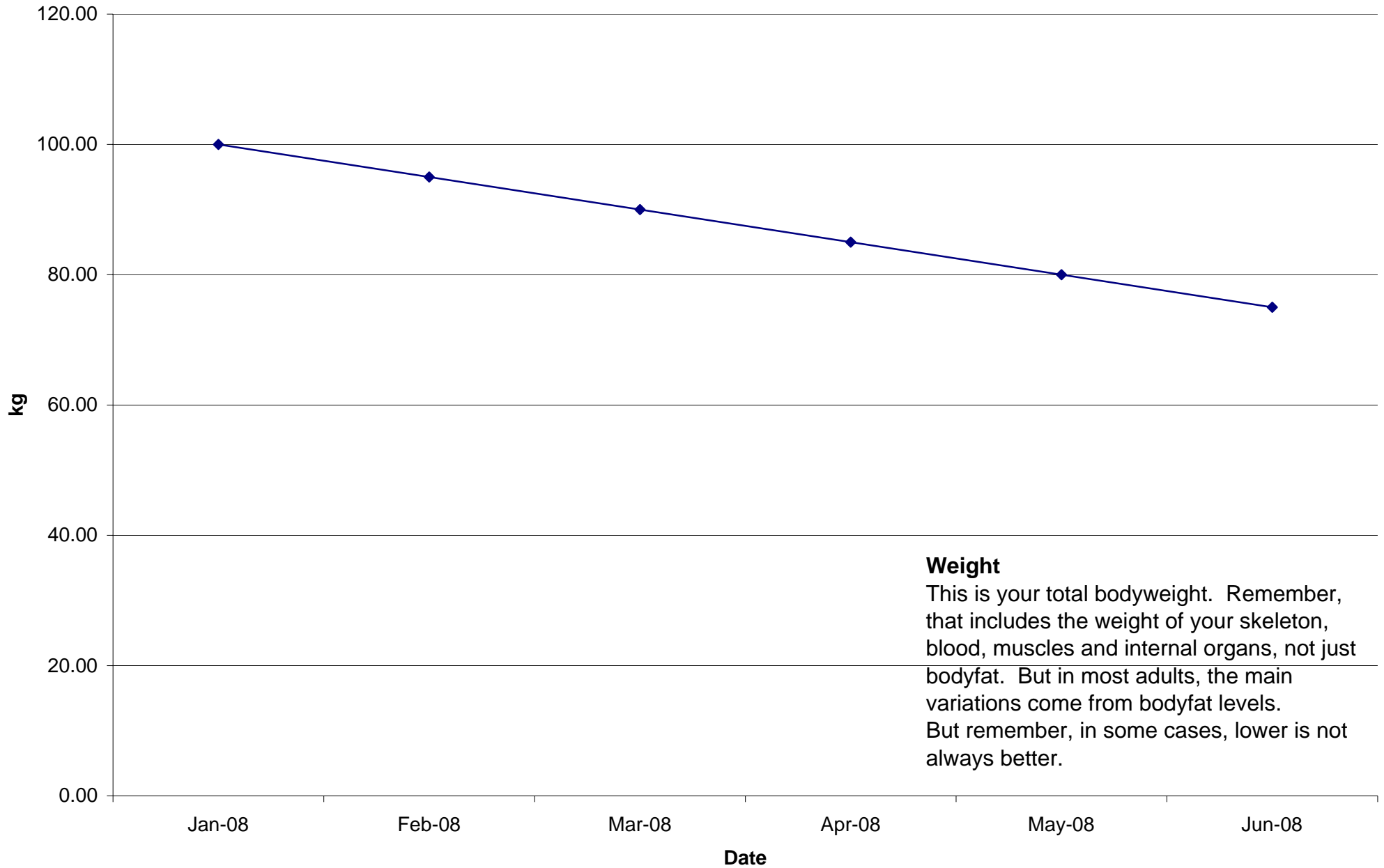
Age	20-29	30-39	40-49	49+
Outstanding	39-42	39-42	41-43	41-44
Very Good	43-44	43-45	44-45	45-47
Good	45-46	46-47	46-47	48-49
Fair	47-52	48-53	48-54	50-55
Low	53-56	54-56	55-57	56-58
Poor	57-66	57-66	58-67	59-66

## Level 1 Physical Assessment Results

Joe Bloggs

Date	01/01/2008	01/02/2008	01/03/2008	01/04/2008	01/05/2008	01/06/2008
Height (m):	1.77	1.77	1.77	1.77	1.76	1.76
Weight (kg):	100.00	95.00	90.00	85.00	80.00	75.00
BMI:	31.9	30.3	28.7	27.1	25.8	24.2
Blood Pressure (Sys):	145	140	137	135	133	130
Blood Pressure (Dia):	93	90	89	87	85	84
Sedentary Heart Rate:	80	77	75	73	70	71
<b><u>Girth Measurements</u></b>						
Chest (cm)	110.0	105.0	103.0	102.0	101.0	100.0
Waist (cm)	125.0	120.0	115.0	112.0	110.0	105.0
Hips (cm)	101.0	101.0	101.0	100.0	100.0	99.0
Upper Arm (cm)	45.0	44.0	43.0	43.0	42.0	40.0
Thigh (cm)	75.0	73.0	72.0	71.0	70.0	69.0
Hip/Waist Ratio	1.24	1.19	1.14	1.12	1.10	1.06
<b><u>Fit Test</u></b>						
Tecumseh Step Test	100	97	95	93	90	87

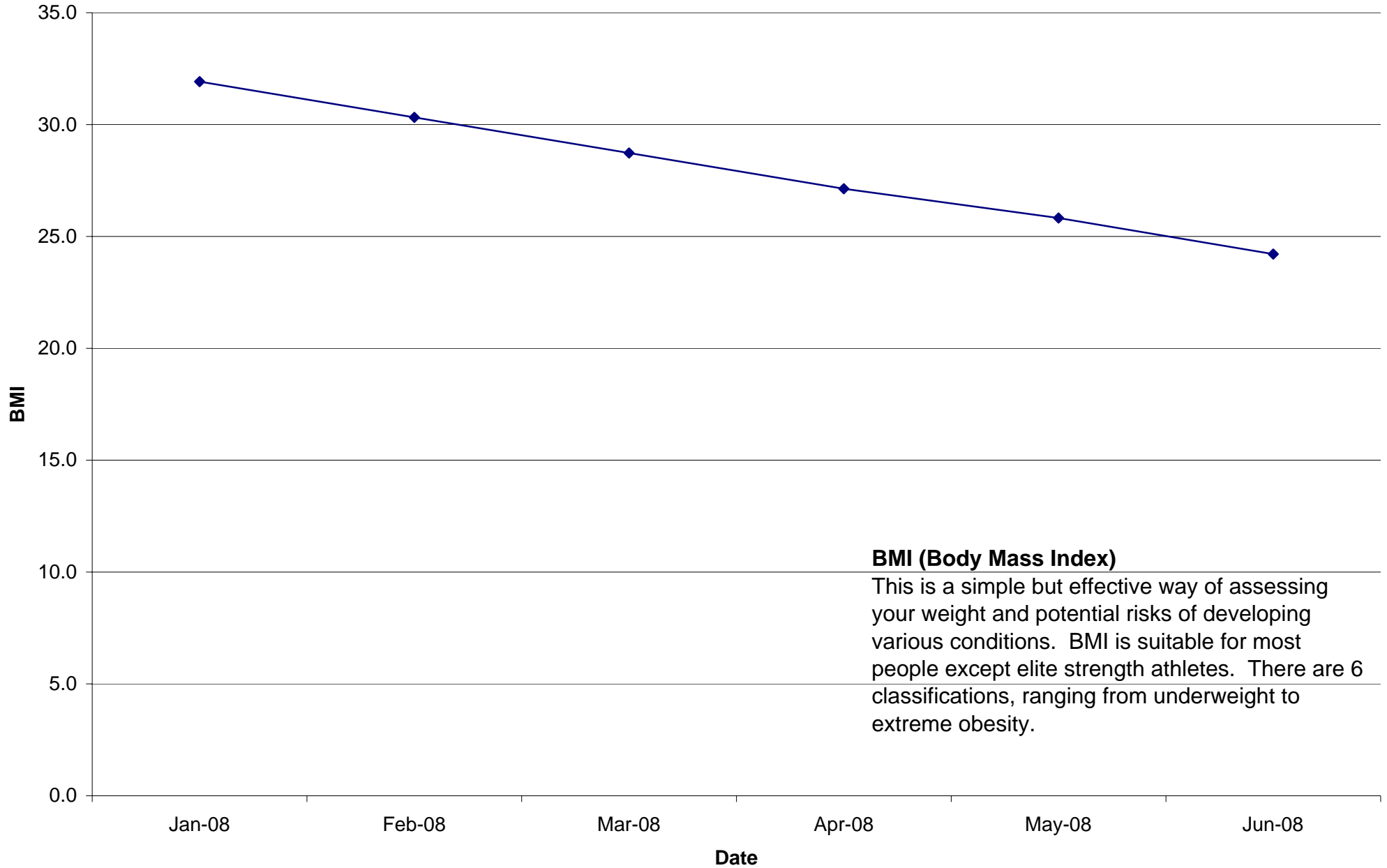
## Weight



### Weight

This is your total bodyweight. Remember, that includes the weight of your skeleton, blood, muscles and internal organs, not just bodyfat. But in most adults, the main variations come from bodyfat levels. But remember, in some cases, lower is not always better.

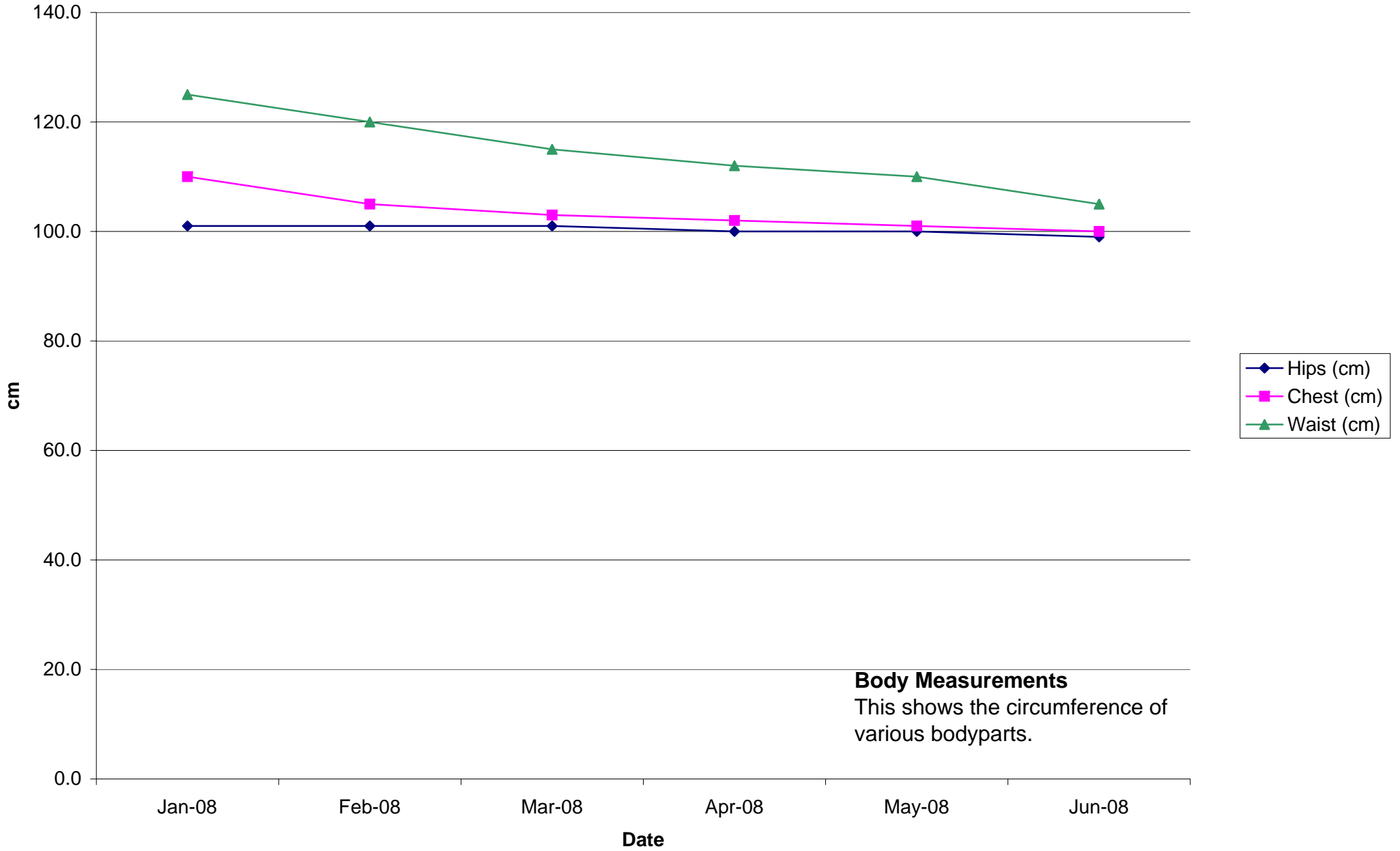
## Body Mass Index



### **BMI (Body Mass Index)**

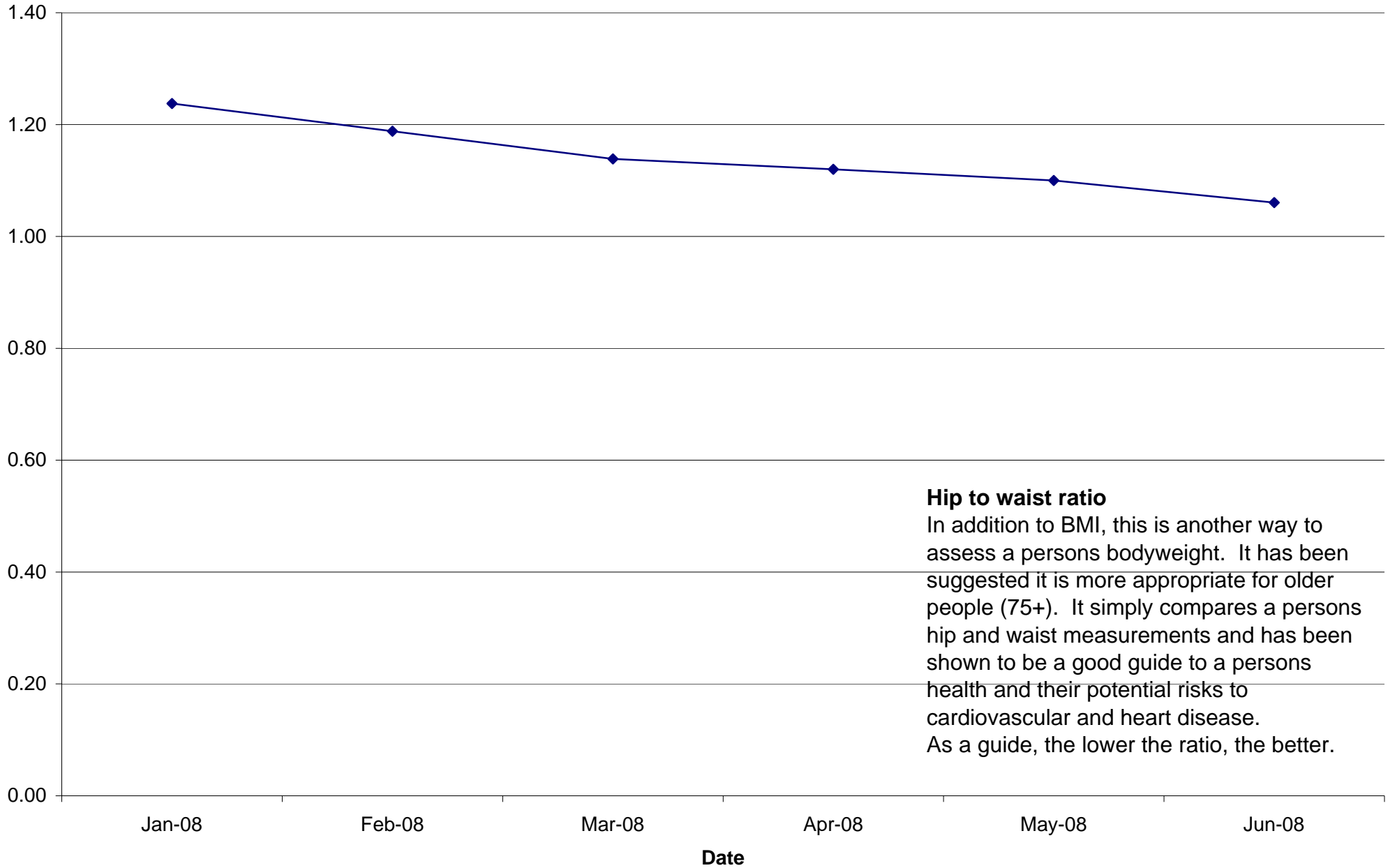
This is a simple but effective way of assessing your weight and potential risks of developing various conditions. BMI is suitable for most people except elite strength athletes. There are 6 classifications, ranging from underweight to extreme obesity.

# Body Measurements



**Body Measurements**  
This shows the circumference of various bodyparts.

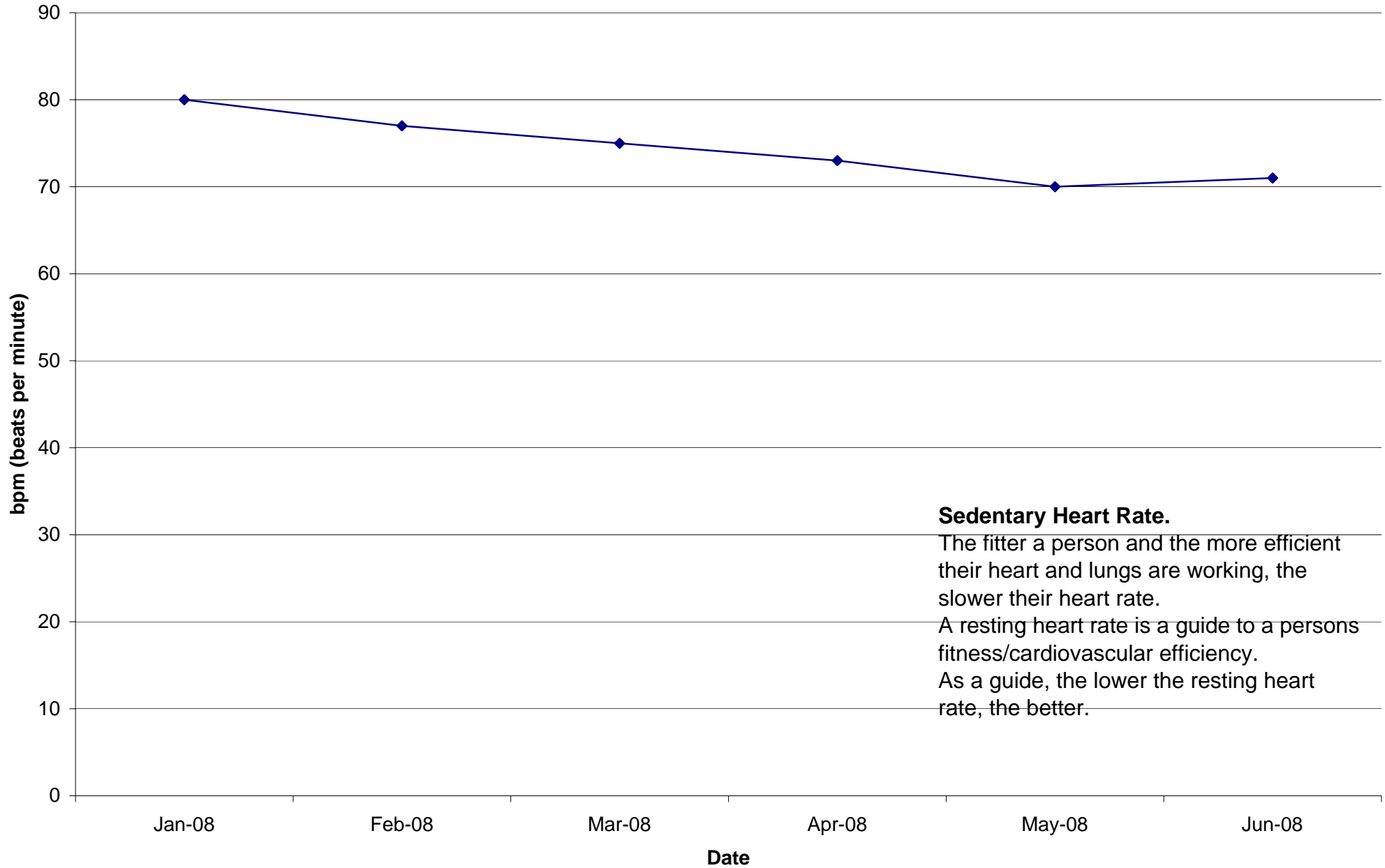
## Hip/Waist Ratio



### Hip to waist ratio

In addition to BMI, this is another way to assess a persons bodyweight. It has been suggested it is more appropriate for older people (75+). It simply compares a persons hip and waist measurements and has been shown to be a good guide to a persons health and their potential risks to cardiovascular and heart disease. As a guide, the lower the ratio, the better.

## Sedentary Heart Rate



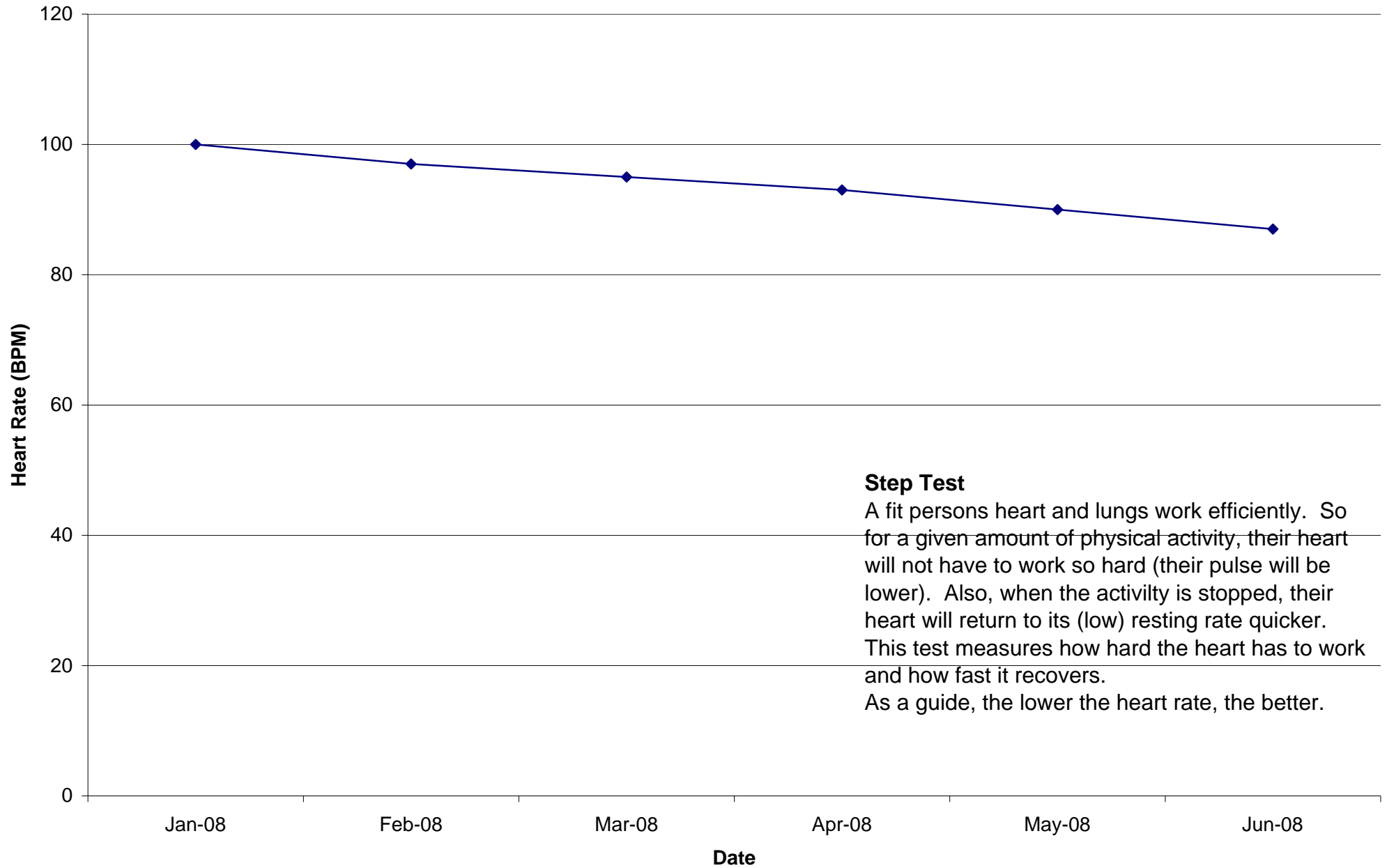
### **Sedentary Heart Rate.**

The fitter a person and the more efficient their heart and lungs are working, the slower their heart rate.

A resting heart rate is a guide to a persons fitness/cardiovascular efficiency.

As a guide, the lower the resting heart rate, the better.

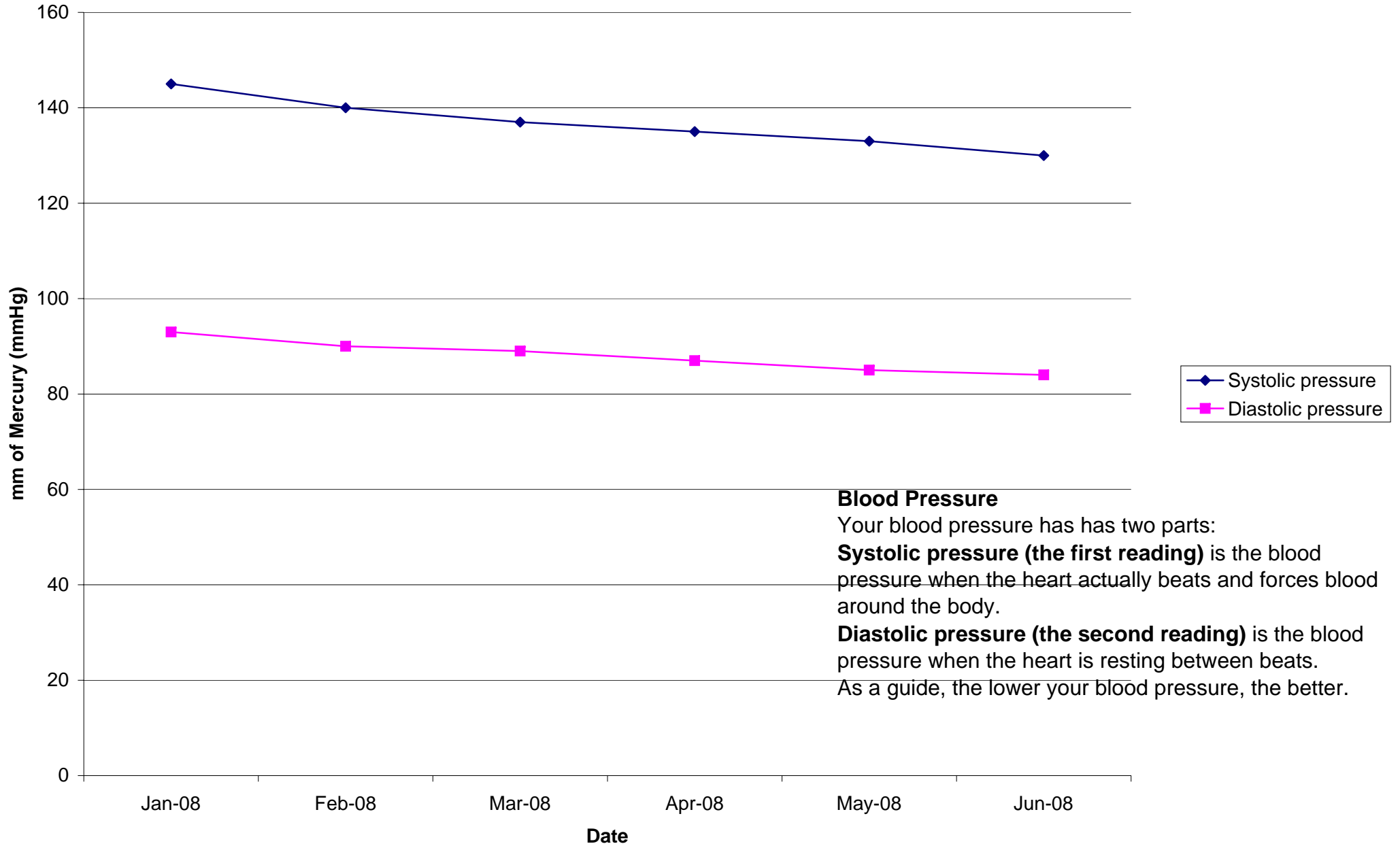
## Fitness Test



### Step Test

A fit person's heart and lungs work efficiently. So for a given amount of physical activity, their heart will not have to work so hard (their pulse will be lower). Also, when the activity is stopped, their heart will return to its (low) resting rate quicker. This test measures how hard the heart has to work and how fast it recovers. As a guide, the lower the heart rate, the better.

## Blood Pressure



# Blood Pressure Ranges

