

Fitness Assessment

A fitness assessment includes a series of measurements that help determine the health status and physical fitness of an individual. There is a variety of tests that the trainers may use to determine an individual's baseline fitness level. These tests merely serve as the reference point for designing an appropriate exercise routine.

The Goals of Fitness Testing

- ▶ Create a relationship and establish expectations for both trainer and trainee
- ▶ Discover past injuries
- ▶ Assess current fitness level
- ▶ Identify fitness goals, motivation and interests for working out
- ▶ Select appropriate training options
- ▶ Set up tracking procedures and evaluate phases

Components of Fitness Assessments

Body Composition

Body composition describes the different components (muscles, bone, fat, and body water) that make up a person's total body weight.

Cardiovascular Endurance

Cardiovascular endurance testing measures how efficiently the heart and lungs work together to supply oxygen and energy to the body during physical activity.

Strength and Muscular Endurance

Muscle strength testing measures the maximal amount of force a muscle group can exert at one time, and muscular endurance testing measures the length of time a muscle group can contract before it fatigues.

Flexibility Testing

Measuring the flexibility or range of motion in certain joints of the body is helpful in assessing muscle weakness, injury and imbalances.



Fitness Orientation

A Fitness Orientation is an introductory session for individuals who are new to exercise or any type of regular exercise. Participants will learn the proper technique and execution of the selectorized strength training equipment, free weight equipment, and cardiovascular equipment.

Members will learn how proper set up and exercise technique for weight training machines and selected Free Weights Exercises for general exercises. Upon request, trainers will instruct on how to execute proper stretching and flexibility exercises. Stretches will be shown for all muscle groups. Patrons will also focus on warm up and cool down principles of stretching.

Stop by the attendant desk or call x618 to schedule an appointment or learn about other services and programs that the CRC has to offer.