

ORDER OF ASSESSMENT

1. OVERVIEW WHILE FILLING OUT PAPER WORK
2. RESTING HR AND BLOOD PRESSURE
3. CIRCUMFERENCES MEASURE SITES FOR SKIN FOLD (ARM, CHEST, ABS, WAIST, HIPS, GLUTEAL FOLD, THIGH)
4. SKIN FOLDS
5. 3 MIN STEP TEST, THEN SIT AND RECORDED HR
6. HEIGHT AND WEIGHT (REMOVE SHOES)
7. FLEXIBILITY TEST (SHOES OFF)
8. MUSCULAR ENDURANCE, PUCH UPS OR SIT UPS (ONE MIN)
9. MUSCULAR STRENGTH TEST (CHEST PRESS AND LEG PRESS)
10. CONSULTATION WITH CLIENT