



Personal Fitness Trainer Course

CHARTS REVIEW

Blood Pressure Chart

CLASSIFICATION OF BLOOD PRESSURE (BP) FOR ADULTS AGED 18 YEARS AND OLDER

CATEGORY	SYSTOLIC BP(mm Hg)		DIASTOLIC BP (mm Hg)
Optimal	<120	And	<80
Normal	120-129	And	80-84
High Normal	130-139	Or	85-89
Hypertension			
Stage 1	140-159	Or	90-99
Stage 2	160-179	Or	100-109
Stage 3	>180	Or	>110

Blood Pressure

CLASSIFICATION of BLOOD PRESSURE MEASUREMENTS

SYSTOLIC	DIASTOLIC	CATEGORY
<130	<85	Normal
130 – 139	85 – 89	High Normal
140 – 159	90 – 99	Mild Hypertension
160 – 179	100 – 109	Moderate Hypertension
180 – 209	110 – 119	Severe Hypertension
≥210	≥120	Very Severe Hypertension

Waist
Measurement: Women

Waist Measurement Chart Women (in feet and inches)

Height	Ideal	Overweight	Obese
5'-1"	24"	28.4"-31.5"	>31.5"
5'-2"	24.5"	29.1"-32.2"	>32.2"
5'-3"	25"	29.9"-33.0"	>33.0"
5'-4"	26"	30.7"-33.8"	>33.8"
5'-5"	26"	31.5"-34.6"	>34.6"
5'-6"	26.5"	32.3"-35.4"	>35.4"
5'-7"	27"	33.1"-36.2"	>36.2"
5'-10"	27.5"	35.5"-38.6"	>38.6"
6'-0"	28"	37.1"-40.2"	>40.2"

Waist Measurement: Men

Waist Measurement Chart Men (in feet and inches)

Height	Ideal	Overweight	Obese
5'-6"	29"	33"-36"	>36"
5'-7"	31"	34"-37"	>37"
5'-8"	31.2"	35"-38"	>38"
5'-9"	31.7"	36"-39"	>39"
5'-10"	32"	37"-40"	>40"
5'-11"	32.6"	38"-41"	>41"
6'-0"	33.1"	39"-42"	>42"
6'-2"	34"	41"-44"	>44"
6'-4"	35"	43"-46"	>46"

Circumference

Table 8-12

Criteria for Waist Circumference in Adults

Waist Circumference		
Risk Category	Females	Males
Very low	<27.5 in (<70 cm)	<31.5 in (<80 cm)
Low	27.5–35.0 in (70–89 cm)	31.5–39.0 in (80–99 cm)
High	35.5–43.0 in (90–109 cm)	39.5–47.0 in (100–120 cm)
Very high	>43.5 in (>110 cm)	>47.0 in (>120 cm)

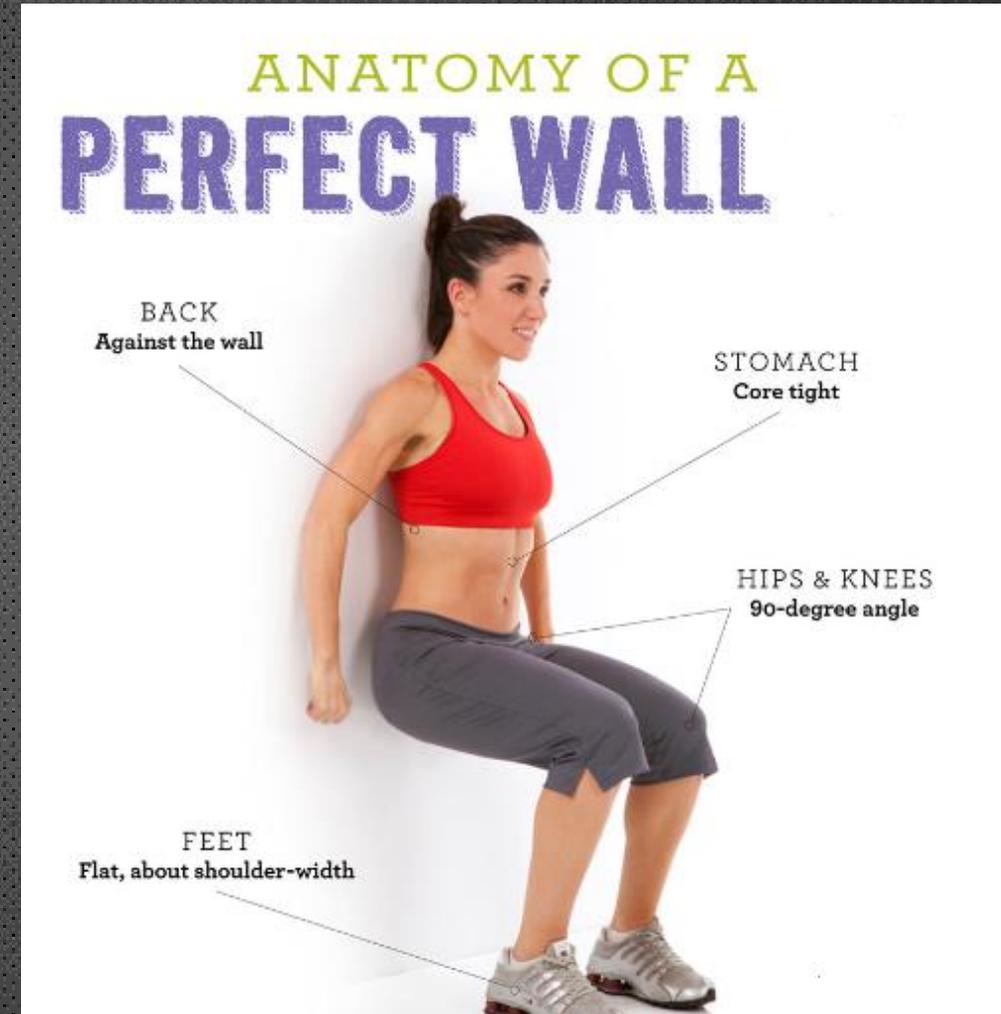
3 Minute Step Test

3 Minute Step Test	Males	Females
Excellent	<71	<97
Good	71-102	97-127
Fair	103-117	128-142
Poor	118-147	143-171
Very Poor	148+	172+

Retesting Protocol: 12 weeks

Walk Squat Test

- The purpose of the wall sit test is to measure the strength endurance of the lower body, particularly the quadriceps muscle group.



Instruction of the Wall Squat Test

- **Instructions and Procedures:**

1. Stand against the wall with back flat against it.
2. Begin to descend until your legs are at 90 degrees in front of you.
3. Move 1 leg to the middle of your body for balance and lift the other leg straight out in front of you off the ground.
4. Time starts when your 1 leg leaves the ground and ends when it touches the ground again.
5. Your arms should rest at your sides not holding yourself up on the wall.
6. Repeat process to opposite leg after small break (about 60 sec rest).

Wall Squat-Scoring Procedures

- **Scoring Procedures:**

- Scoring procedure is based up a combined total time between both legs. Add the scores together to get 1 final total score. Your score then depends on the final total seconds you have

Established
Standards,
Norms and/or
Criteria for
Evaluation of
Performance

rating	males (seconds)	females (seconds)
excellent	>100	> 60
good	75-100	45-60
average	50-75	35-45
below average	25-50	20-35
very poor	< 25	< 20

Plank Test

- The plank test is a simple fitness test of core muscle strength, and can also be used as a fitness exercise for improving core strength.
- **Purpose:** The plank test measures the control and endurance of the back/core stabilizing muscles.



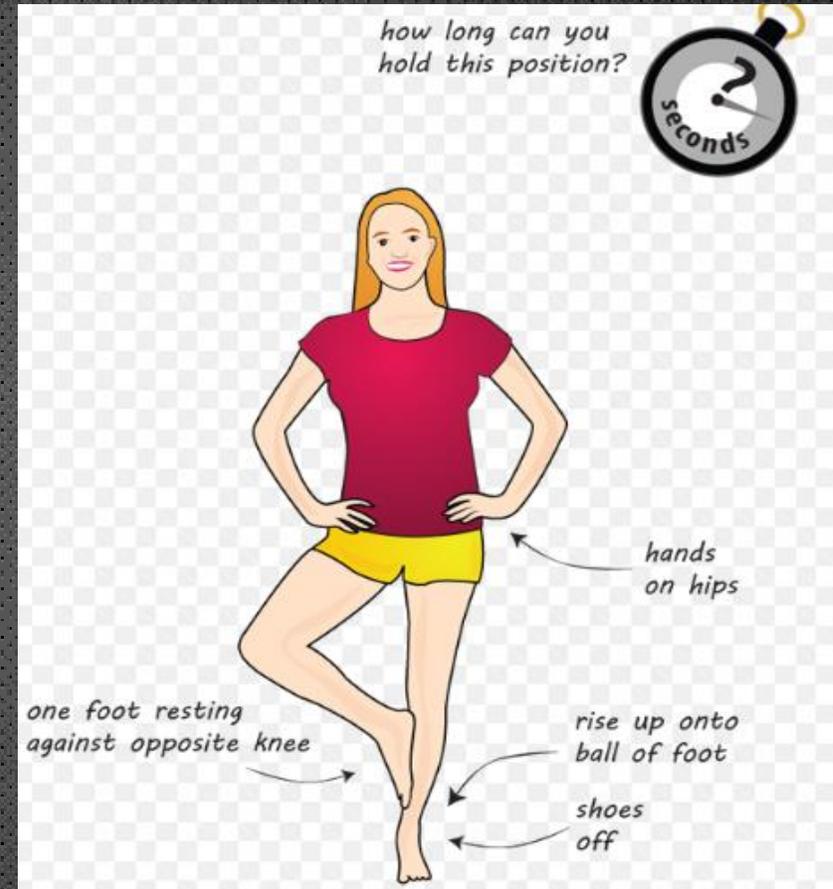
Plank Test Norms

Timed Forearm Plank Test; Norms and Classifications by Gender

Fitness Assessment Rating	Time (Minutes:Seconds), Females	Time (Minutes:Second), Males
Excellent	2:01+	2:21+
Above Average	1:31-2:00	1:45-2:20
Average	1:20-1:30	1:34-1:44
Below Average	1:03-1:19	1:17-1:33
Poor	<1:03	<1:17

Neuromotor Testing

- Stork Balance Stand Test



Neuromotor Testing

- **Stork Stand Balance Test**

- Remove shoes
- Client places hands on hips
- Client places foot on opposite knee
- Client practices for 1 minute
- Client raises heel of support foot off ground
- Start stopwatch and record in seconds
- Use the best of 3 trials

Stork Stand Balance Test

STORK-STAND BALANCE TEST

- Observations

- ✓ Timing stops when any of the following occurs:
 - The hand(s) come off the hips.
 - The stance or supporting foot inverts, everts, or moves in any direction.
 - Any part of the elevated foot loses contact with the stance leg.
 - The heel of the stance leg touches the floor.
 - The client loses balance.



The Stork-stand Balance Test

Rating	Excellent	Good	Average	Fair	Poor
Males	>50 seconds	41–50 seconds	31–40 seconds	20–30 seconds	<20 seconds
Females	>30 seconds	25–30 seconds	16–24 seconds	10–15 seconds	<10 seconds