

Beginning Program: P213

~~██████████~~ Female

PUSH UP 15

BMI 22.5 (Healthy)

Mile Walk/Run ~~2:20~~ 8:50

Systolic = 38

Shoulder Strength Right - Yes Left - Yes

3 lbs lift 11.5

Sit and Stand Left 6 Right 7

PED 420

Post-Test results and Reflection

I was very pleased to see that all components of the fitness test either stayed the same or improved. My main goal was to improve my mile time by ten seconds which I did and was surprised that I did it exactly ten seconds less. My curl-ups stayed consistent at 75 which is the highest number you could do. This also made me nervous because it was tough the first time so I did not want to do worse than the pre-test.

I realize now that I look back on my future goals from my first journal entry that I gave myself too much to try and do. It was hard enough working with my school schedule to work-out 2-3 times a week. I had originally said I wanted to cardio train 2-3 times a week and strength train the other days. This was too much and I think it was better for me to focus on the cardio aspect.

I had wanted to improve upper body strength but never really worked on it throughout the seven week period. I did not work on it for any other reason than I was just not motivated to do so. I was able to do one more push-up than I could during the pre-test so I would say that my level of upper body strength stayed about the same. Perhaps now I can start to integrate strength training into my regimen.

My flexibility was always one of my strengths; I had great sit and reach results from the pre-test and expected them to be just as good during the post test. My scores actually improved on both legs by .5. This can be attributed to my increased aerobic activity and the stretching I did each time before I worked out.

It is great to see improvement after you have been working on something for a long time; it gives you a real sense of accomplishment. It does take time though and by doing an assignment like this it makes you stick to it long enough so you can actually see the results. This would be a good project to do with a high school physical education class if you were teaching personal fitness because it shows them that hard work and dedication pays off. It also shows them that if you do not work on something you will not see any improvement. This was evident in my own pre and post test results when my mile time improved because I worked hard on it, while my number of push-ups stayed the same because I neglected that fitness aspect.

Results from fitness post-test:

<u>Fitness component</u>	<u>Result</u>
Mile run	8:36
Curl-ups	75
Push-ups	30

Shoulder stretch	<u>R:</u> Y <u>L:</u> Y
Trunk Lift	12 inches
Sit and Reach	<u>R:</u> 9.5 inches <u>L:</u> 9 inches

Personal Data:

Height	5'8"
Weight	165 LBS
BMI	25
BMI Rating	Healthy
RHR	90