

METHODS OF FITNESS ASSESSMENT IN HEALTH-ENHANCING PHYSICAL ACTIVITY: PRINCIPLES, METHODOLOGY AND INNOVATIVE SYSTEMS

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Preparatory activities:

Learning objectives (200 characters max):

This lecture aims to provide basic knowledge and understanding of general aspects related to fitness assessment. More specifically the lecture students will learn how a client / athlete consultation, needs analysis and health appraisal is performed; how coronary risk factors, disease and lifestyle are evaluated; why risk stratification and medical clearance is important. Additionally student will get familiarized with assessment terminology, fitness assessment selection and administration and organization of fitness assessment. The lecture further aims to provide knowledge and competences in monitoring training and performance - determine progression and effectiveness of a training or treatment programme.

Learning resources:

Reading material:

Coburn J.W., Malek M.H. (2012) NSCA's Essentials of Personal Training. Human Kinetics, Champaign

Heyward V.H (2006). Advanced Fitness Assessment and Exercise Prescription. Human Kinetics, Champaign

Miller T. (2012). NSCA's Guide to Tests and Assessments. NSCA Science of Strength and Conditioning Series. Human Kinetics, Champaign

Winter E.M., Jones A.M., Davison R.C., Bromley P.D., Mercer T.H. (2007). Sport and Exercise Physiology Testing Guidelines – The British Association of Sport and Exercise Science Guide Volume I Sport Testing. Routledge, Taylor & Francis London and New York.

Video (web link):

https://www.youtube.com/watch?v=sITQ4rYD_Eo

Web resources (link):

https://www.researchgate.net/publication/301627598_New_Preparticipation_Health_Screening_Recommendations_What_Exercise_Professionals_Need_To_Know#fullTextFileContent

<http://eparmedx.com/wp-content/uploads/2013/03/January2020PARQPlusFillable.pdf>