

# Physical Fitness Profile Sheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Gender: \_\_\_\_\_ M \_\_\_\_\_ F Age: \_\_\_\_\_ Disability: \_\_\_\_\_

Disability classification: \_\_\_\_\_

Physical fitness profile: Considering the health-related needs of this young person, construct a profile by placing check marks beside the statements that are most relevant to the individual's fitness needs. Then select specific test items and standards for measurement and assessment.

## **Aerobic Functioning**

### **Aerobic Capacity**

\_\_\_\_\_ Attain levels of aerobic capacity consistent with positive physiological health.

### **Aerobic Behavior**

\_\_\_\_\_ Attain levels of aerobic behavior consistent with positive functional health.

## **Body Composition**

### **Percent Body Fat**

\_\_\_\_\_ Maintain levels of percent body fat consistent with positive physiological health.

### **Body Mass Index**

\_\_\_\_\_ Maintain a weight that is appropriate for height.

## **Musculoskeletal Functioning**

### **Strength and Endurance**

\_\_\_\_\_ Acquire or maintain functional levels of upper-body strength and endurance consistent with independent living: (a) ability to grasp and lift a light weight, (b) ability to lift and transfer the body from a wheelchair, and/or (c) ability to attain functional mobility.

\_\_\_\_\_ Acquire or maintain levels of upper-body strength and endurance for participation in physical activities.

\_\_\_\_\_ Acquire or maintain levels of trunk-extension strength, endurance, and flexibility to reduce the risk of developing lower-back pain.

\_\_\_\_\_ Acquire or maintain levels of abdominal strength and endurance to reduce the risk of developing lower-back pain and to participate in physical activities.

### **Flexibility or Range of Motion**

\_\_\_\_\_ Acquire or maintain at least functional range of motion in various joints.

\_\_\_\_\_ Acquire or maintain functional levels or optimal levels of flexibility in one or more of the following body regions: shoulders, hips, hamstrings.