

EXSC121 – Assessment 2 Practical Report

EXSC121 Exercise and Sport Science: Starting the Journey

Assessment 2 – Practical Assessment

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Semester, Year
Semester 1 2024

Practical Report

The topic of this practical report is to conduct testing on clients and myself, and this is significant as I am working to be a future Accredited Exercise and Sport Scientist. I will most likely have the responsibility to conduct testing on individuals or groups of individuals to assess their physical fitness, their health and/or their psychological state, which is why this is a significant assessment to help me prepare and experience what it's like. The aim of this assessment is for my partner and I to administer pre-exercise procedures on each other. Following this, I will use the gathered data to draft a practical lab report, offering initial insights into my own suitability for future physical activity.

Exercise and sport science- pre-exercise screening

Before I started the data collection I had to go through the process of the pre-exercise APSS screening. I had to conduct two stages in the forms. The purpose of the first stage was to identify individuals with known disease, and/or signs or symptoms of disease, who may be at a higher risk of an adverse event due to exercise. And the second stage with the aim to determine appropriate exercise prescription based on established risk factors.

Exercise and sport science- height and weight measurement

METHOD

For height and weight, To measure my weight accurately, I stand on a scale with bare feet, distributing my weight evenly. I ensure the scale is placed on a flat, stable surface. Once I'm balanced, I wait for the scale to stabilise and display my weight, and my partner will then take note of the number shown for an accurate measurement. To measure my height accurately, I stand barefoot against a wall with my heels, back, and head touching it, ensuring my posture is straight. Then, for the height measurement, I used a measuring tape, placing it at the top of my head and ensuring it's perpendicular to the floor. I gently press the tape against the wall to get an accurate reading. After getting the result,

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web mar 12 2018 while iso 45001 draws on ohsas 18001 the former benchmark for oh s it is a new and distinct standard not a revision or update and is due to be phased in gradually over the next three years organizations will therefore need to revise their current thinking and work practices in order to maintain organizational compliance

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web welcome from pjr headquarters 755 w big beaver rd suite 1340 troy mi 48084 phone 1 800 800 7910 email pjr pjr com standard first came out in 1999 and then revised in 2007 voluntary ohsas 18001 overview pdca cycle clause 1 scope overview of the requirements of the oh s management