

EXSC121 – Assessment 2 Practical Report

EXSC121 Exercise and Sport Science: Starting the Journey

Assessment 2 – Practical Assessment

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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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