

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 form. 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,

Exercise Computer St7811 7 User Guide

Sam O Wealth



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Microsoft Surface Pro 7 User Guide Sam O Wealth, 2020-01-05 The Microsoft Surface Pro 7 is the 7th generation of Surface Pro lineup that was released at the end of 2019 The design of the new Microsoft Surface Pro 7 has changed a lot compared to its previous generations It now sports a fluid surface Pen and a host of other cool features to give you the most experience Get to know more about Microsoft Surface Pro 7 with our collections of Surface Pro 7 tips tricks and tutorials This guide is great for beginners and advanced users who want to take full advantage and control of their device In this Guide you will see all our published tips tricks and tutorials over time since the product announced Those guides available from basic to advanced and complex instructions This is a must have book to get for any Surface Pro 7 who wants to take their device to the next level and get more out of their tablet

Exercise Computer St7811 7 User Guide Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the ability of words has be evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Exercise Computer St7811 7 User Guide**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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