



Introduction to Sport, Fitness & Management

Sport: Health Screening

Sam Turner

A member coming in off the street to join the club would come into the club and immediately sign up in the welcome card and that welcome card basically touches on why they're interested in joining the club, and what their requirements are. If they decide to join us, and they fill out their application form, more importantly, a health screen, they then get the opportunity to take a fitness assessment, and followed by a fitness programme and that then allows them to come into the club and use the facilities and equipment as and when they need to.

On screen text: Sam Turner Fitness Manager, Reebok Club

Commentary

Before an instructor designs a programme they ask customers to complete a medical form. This allows them to identify any medical conditions that may be aggravated by exercise and identify any coronary heart disease risk factors. Using the given information, instructors then prescribe an exercise programme tailored to the needs of the individual.

On screen text: Marie Toms Fitness Instructor, Reebok Club

Marie Toms

If we gave them an incorrect programme, we prescribed wrong then it is on us as instructors. When Tracey the customer came in earlier, we ran her through a health screen so she filled in a brief medical questionnaire and we spoke about any injuries or medical conditions she might have. In this case she didn't have any, so it's quite straightforward.

Commentary

Once a customer has filled in the forms, instructors begin health screening and fitness assessment- this usually starts with testing blood pressure.

Marie Toms

Tracey's blood pressure was very very good, it was 116 over 79 and her resting heart rate slightly high but it's the afternoon and the best time to do it is first thing in the morning.

Commentary

But not all customers who want to join the gym are as in good health as Tracey: Many people who work in Canary Wharf where the Reebok Club is situated are in stressful jobs and as a result may have high blood pressure, like Martin, who had a reading of 165 over 107. The normal ranges of resting blood pressure are from 100 to 140 over 60 to 90. The first, or higher number in blood pressure reading represents systolic

pressure when the heart is contracting and the second, lower number represents diastolic pressure when the heart is relaxed.

Sam Turner

If a member comes in to the gym and uses a piece of equipment or takes up an activity that we've perhaps advised against due to illness or personal injury we cannot except liability should they subsequently cause further injury to themselves. However, under the unfair contract terms act of 1977 we cannot totally exclude liability for death or personal injury.

Commentary

To avoid unnecessary injuries the club insists that customers who suffer from medical conditions provide the gym with a doctor's referral letter outlining what exercises they can and cannot do. Instructors can then create programmes that are beneficial rather than detrimental to a person's health.

Sam Turner

To create a programme for someone that's got high blood pressure immediately we would take them through a cardiovascular fitness assessment, a postural fitness assessment, just to understand exactly where their desired needs are.

Commentary

The next examination is Body Mass Index better known as BMI. This is a measure of a person's weight scaled according to height.

Marie Toms

Tracey's BMI was within the healthy recommended range which is 19 to 24. Anybody who's got a BMI above 30 is considered to be obese and it's getting towards a dangerous level for the health.

On the other end of the scale somebody can also be underweight and a BMI under kind of 18, under the 19 mark would be considered to be underweight and maybe they've got a problem with eating disorder or they're just very, very underweight.

Commentary

The waist to hip ratio is next, this measures how fat is distributed around the body.

Marie Toms

This is quite a valid measurement because it gages how much fat an individual carries around their internal organs around their girth. Tracey was very good, she was really in proportion.

Commentary

Individuals who are 'apple' shaped usually carry more fat around the abdomen. This is known as android obesity and is associated with a greater risk of cardiovascular diseases and diabetes. Pear shaped individuals are more likely to carry fat around their hips and this pattern of fat distribution is known as gynoid obesity. The final assessment measures a person's body fat percentage. One way of doing this is by using the skin fold method. Here, the thicknesses of folds of skin are measured by callipers at several standardized points on the body.

Marie Toms

We take four measurements, one from the bicep, one from the suprailiac, one from the tricep, and one from the sub scapular. These skin fold sight measurements are summed together to give an estimation of an individual's body fat percentage.

Commentary

After the health screening and fitness assessment, instructors use the information to establish realistic and appropriate exercise programmes for customers. From then on instructors stay in touch with new members ensuring they're on track and not struggling or lacking motivation. But ultimately it's up to individuals as to whether they commit or not.

Sam Turner

The member has to put the effort in. It's key that they put the effort in and with the fitness team always being here, every day every week it then gives them the opportunity to come in to speak to their desired fitness coach as and when they need to.