



EAST SUFFOLK COMPLEX FITNESS ASSESSMENT: OBJECTIVE INFORMATION



Name _____

Date _____

Physiologic Assessments

Resting HR _____ Maximum HR (220-age) _____

Blood Pressure _____ / _____ mmHg

Body Composition

(Choose measurement appropriate for client)

Height _____ ft Weight _____ lbs / _____ kg

Skinfold measurement (choose appropriate population-specific equation and measurement sites to calculate body density)

Measurement	1 st	2 nd	
Site: Male	Measurement	Measurement	
Chest			
Abdomen			
Thigh			
	Σ	Σ	Average
Measurement	1 st	2 nd	
Site: Female	Measurement	Measurement	
Triceps			
Suprailium			
Thigh			
	Σ	Σ	Average

Body Fat _____ %

Circumference measurements

Neck _____
 Chest _____
 Waist _____
 Hips _____
 Thigh _____
 Calf _____
 Biceps _____
 Forearm _____
 Body Fat _____ %

Waist-to-Hip Ratio

Waist _____
 Hips _____
 Ratio _____

Body Mass Index (BMI) _____



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Dynamic Postural Assessments

Overhead Squat Assessment			
Anterior View		R	L
Foot	Turns Out		
Knees	Move Inward		
	Move Outward		

Lateral View		
L-P-H-C	Excessive Forward Lean	
	Low Back Arches	
	Low Back Rounds	
Upper Body	Arms Fall Forward	

Posterior View		R	L
Foot	Foot Flattens		
	Heel of Foot Rises		
L-P-H-C	Asymmetrical Weight Shift		

Pushing Assessment		
L-P-H-C	Low Back Arches	
Shoulder Complex	Shoulders Elevate	
Head	Head protrudes while pushing	
Pulling Assessment		
L-P-H-C	Low Back Arches	
Shoulder Complex	Shoulders Elevate	
Head	Head protrudes while pushing	

Local Muscular Endurance and Flexibility

Flexibility

Sit-and-Reach Box	1 st Trial	2 nd Trial	3 rd Trial

Push-Ups (ACSM standards)

Total repetitions _____

Partial Curl-Ups

Total repetitions _____

Cardiorespiratory Assessments

Three-Minute Step Test

Recovery Pulse _____ Cardiovascular Efficiency _____

HR Training Zone _____

Rockport Walk Test

Time to complete 1 mile _____ Heart Rate _____ VO₂ Score _____

HR Training Zone _____