

EXMD2382 MID-SEMESTER EXAM

Did you get a normal or good night's sleep? Have you eaten any large meals in the last 3 hours? Have you done any strenuous exercise in the last 24 hours?

HRmax = 195

85% HRmax = 165

Calculating Reliability = [largest measure x 100/smallest measure] – 100

If there is $\leq 1.5\%$ difference between the two measures:

Take 2 measures, record the mean value.

If there is $\geq 1.5\%$ difference between the two measures:

Take 3 measures, record the median value.

Resting HR Norms:

<60 bpm = bradycardia (slow rate)

60–100 bpm = normal rate

>100 bpm = tachycardia (fast rate)

Blood Pressure Norms:

CATEGORY	SYSTOLIC BP (mmHg)	DIASTOLIC BP (mmHg)
Normal	<120	<80
High-normal	120–139	80–89
Grade 1 hypertension (mild)	140–159	90–99
Grade 2 hypertension (moderate)	160–179	100–109
Grade 3 hypertension (severe)	≥ 180	≥ 110

Resting HR and BP Feedback:

- What was the test?
- Why did we conduct the test?
- Results?
- How do they compare to the norms?
- Can the results be maintained or improved?

Sum of Six Skinfolds – Australian Population Normative Data:

PERCENTILES	AGE (years)					
	18 – 29	30 – 39	40 – 49	50 – 59	60 – 69	70 – 78
	Females					
5	51.6	49.5	66.1	60.7	67.1	65.8
25	79.1	74.7	91.1	105.9	106.5	98.4
50	103.2	100.3	129.8	141.5	134.7	129.1
75	141.9	140.7	168.2	174.1	160.3	149.2
95	204.2	201.4	222.3	211.0	201.4	193.4

Calculating Exact Percentiles

$$= (25-5) \div (74.7-49.5) \times (\text{_____} - 49.5) + 5$$

$$= (50-25) \div (100.3-74.7) \times (\text{_____} - 74.7) + 25$$

$$= (75-50) \div (140.7-100.3) \times (\text{_____} - 100.3) + 50$$

$$= (95-75) \div (201.4-140.7) \times (\text{_____} - 140.7) + 75$$

YMCA Introduction:

The YMCA is a submaximal VO₂max test. It gives us an estimation of your VO₂max, which can give us a good indication of your overall cardiorespiratory fitness and risk of CVD. It is a graded exercise test

- RPM at 50 throughout test (continue to monitor throughout the test)
- **RPE is a full body feeling, not just the feeling in the legs**
- Don't talk
- Arm up on shoulder for BP