

HEALTH ASSESSMENT OVERVIEW

Location: St. Catherine's Community Sports Centre

Health Screening Questionnaire

- Medical History
- Current or Presenting Conditions
- Habitual Behaviours

Health Monitoring Tests

- Standard Measurements
- Physiological Testing
 - Blood Pressure
 - Heart Rate
 - Lung Function
- Body Composition
 - Body Mass Index (BMI)
 - Abdominal Girth
 - Bioelectric Impedance Analyser
- Fitness Testing
- Structure of Workouts
- Clients Specific Goals

Health Screening Procedures

- Client consultation
- Informed consent
- Health Screening Questionnaire
- Health Screening Tests
- Feedback Results

Test of Cardiovascular Endurance

- Maximal Aerobic Test
- Intermittent Tests
- Walking Tests

Test of Maximum Strength & Strength Endurance

- Strength testing
- Muscle strength
- Muscle strength endurance

Nutritional Status Questionnaire

- Carbohydrates, protein, fat
- Vitamins/minerals
- BMR, AMR, RDA
- Diet plan

Pricing

Fitness Assessments: €20 per person (regular pricing €35)

Nutritional Assessment €55 per person (regular price €75)

Total cost €75 per person