

Case Study- Andrew

Fitness Team: Trainer One _____ Trainer Two _____
Trainer Three _____ additional team members _____, _____

Andrew is a 15 year old high school sophomore who can't seem to put any weight on. He doesn't want to be skinny, but nothing he does seems to help. He eats tons of fatty foods and drinks regular soda, but never puts on any weight. His favorite activities include playing ping pong and frisbee with his friends. He is 5'7" and weighs 130 pounds. His resting heart rate is 78.

1. Calculate your client's THR and determine her bpm for 50%, 70% and 85% training intensities.

50 % _____ **70%** _____ **85%** _____

2. Use the information found on this website <http://www.halls.md/body-mass-index/av.htm> to determine Andrew's Body Mass Index.

3. What recommendations can you make for Andrew regarding a healthy BMI? Please visit this website <http://www.halls.md/ideal-weight/body.htm> and determine Andrew's ideal BMI and weight range.

4. What nutritional suggestions can you make for Andrew?

5. As you evaluate Andrew's current exercise routine, what suggestions can you make for altering **frequency** to improve Andrew's fitness level?

6. As you evaluate Andrew's current exercise routine, what suggestions can you make for altering **duration** to improve Andrew's fitness level?

7. As you evaluate Andrew's current exercise routine, what suggestions can you make for altering **intensity** to improve Andrew's fitness level?

8. What suggestions would you make about the variety of Andrew's routine? What components of fitness are missing and how would you add them into his program?

Case Study- Becky

Fitness Team: Trainer One _____ Trainer Two _____
Trainer Three _____ additional team members _____, _____

Becky is a 17 year old high school senior who was active in team sports through her sophomore year. She enjoys team sports, but the pressure of getting into a good college has kept her from participating in them in the last two years. Becky has gained weight since her lifestyle has changed and her 5'4" frame now carries 165 pounds. She is tired all of the time and often snacks on junk food as she studies late into the evening. Her resting heart rate is 72. The senior prom is coming up soon and she wants to look her best.

1. Calculate your client's THR and determine her bpm for 50%, 70% and 85% training intensities.

50 % _____ **70%** _____ **85%** _____

2. Use the information found on this website <http://www.halls.md/body-mass-index/bmi.htm> to determine Becky's Body Mass Index.

3. What recommendations can you make for Becky regarding a healthy BMI? Please visit this website <http://www.halls.md/ideal-weight/body.htm> and determine Becky's ideal BMI and weight range.

4. What nutritional suggestions can you make for Becky?

5. As you evaluate Becky's current exercise routine, what suggestions can you make for altering **frequency** to improve Becky's fitness level?

6. As you evaluate Becky's current exercise routine, what suggestions can you make for altering **duration** to improve Becky's fitness level?

7. As you evaluate Becky's current exercise routine, what suggestions can you make for altering **intensity** to improve Becky's fitness level?

8. What suggestions would you make about the variety of Becky's routine? What components of fitness are missing and how would you add them into her program?

Case Study- Bill

Fitness Team: Trainer One _____ Trainer Two _____
Trainer Three _____ additional team members _____, _____

Bill is a 26-year-old musician. He weighs 180 pounds and is 5'9" tall. He plays volleyball with the local rec.league 2x weekly from April until November, but lately has been experiencing soreness in his back and shoulders after he plays. He lives alone and hates to cook, so most of his meals come from fast food restaurants. His resting heart rate is 74.

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50 % _____ **70%** _____ **85%** _____

2. Use the information found on this website <http://www.halls.md/body-mass-index/av.htm> to determine Bill's Body Mass Index.

3. What recommendations can you make for Bill regarding a healthy BMI? Please visit this website <http://www.halls.md/ideal-weight/body.htm> and determine Bill's ideal BMI and weight range.

4. What nutritional suggestions can you make for Bill?

5. As you evaluate Bill's current exercise routine, what suggestions can you make for altering **frequency** to improve Bill's fitness level?

6. As you evaluate Bill's current exercise routine, what suggestions can you make for altering **duration** to improve Bill's fitness level?

7. As you evaluate Bill's current exercise routine, what suggestions can you make for altering **intensity** to improve Bill's fitness level?

8. What suggestions would you make about the variety of Bill's routine? What components of fitness are missing and how would you add them into his program?

Case Study- Carol

Fitness Team: Trainer One _____ Trainer Two _____
Trainer Three _____ additional team members _____, _____

Carol is a 31-year-old mother of two. She weighs 139 pounds and is 5'2" tall. Her resting heart rate is 70. She works as an electrical engineer in a computer manufacturing company. She spent the last year walking at a local track 3x per week for 20 minutes per session. Although her energy level is up, she hasn't lost the weight that she'd like to. She tries to stick to her diet and drinks several Diet Cokes everyday. She usually skips breakfast. By 9:00 at night, she is so hungry that she often "cheats" and eats ice cream or cookies.

1. Calculate your client's THR and determine her bpm for 50%, 70% and 85% training intensities.

50 % _____ **70%** _____ **85%** _____

2. Use the information found on this website <http://www.halls.md/body-mass-index/bmi.htm> to determine Carol's Body Mass Index.

3. What recommendations can you make for Carol regarding a healthy BMI? Please visit this website <http://www.halls.md/ideal-weight/body.htm> and determine Carol's ideal BMI and weight range.

4. What nutritional suggestions can you make for Carol?

5. As you evaluate Carol's current exercise routine, what suggestions can you make for altering **frequency** to improve Carol's fitness level?

6. As you evaluate Carol's current exercise routine, what suggestions can you make for altering **duration** to improve Carol's fitness level?

7. As you evaluate Carol's current exercise routine, what suggestions can you make for altering **intensity** to improve Carol's fitness level?

8. What suggestions would you make about the variety of Carol's routine? What components of fitness are missing and how would you add them into her program?

Case Study- Sharon

Fitness Team: Trainer One _____ Trainer Two _____
Trainer Three _____ additional team members _____, _____

Sharon has always been active. This 16 year old is on several high school teams and always seems to have lots of energy. In fact, when Sharon isn't at an after-school practice, she's at the local health club. She takes great pride in the fact that she can take several aerobics classes in a row and then have the energy necessary to do a full weight-training routine. Sharon worries constantly about gaining weight and stays on a strict diet. She can often be heard complaining that although she eats under 1000 calories a day, she can't seem to keep her weight down. Sharon weighs 100 pound and is 5'6" tall. Her resting heart rate is 56.

1. Calculate your client's THR and determine her bpm for 50%, 70% and 85% training intensities.

50 % _____ **70%** _____ **85%** _____

2. Use the information found on this website <http://www.halls.md/body-mass-index/bmi.htm> to determine Sharon's Body Mass Index.

3. What recommendations can you make for Sharon regarding a healthy BMI? Please visit this website <http://www.halls.md/ideal-weight/body.htm> and determine Sharon's ideal BMI and weight range.

4. What nutritional suggestions can you make for Sharon?

5. As you evaluate Sharon's current exercise routine, what suggestions can you make for altering **frequency** to improve Sharon's fitness level?

6. As you evaluate Sharon's current exercise routine, what suggestions can you make for altering **duration** to improve Sharon's fitness level?

7. As you evaluate Sharon's current exercise routine, what suggestions can you make for altering **intensity** to improve Sharon's fitness level?

8. What suggestions would you make about the variety of Sharon's routine? What components of fitness are missing and how would you add them into her program?