



Course Title: **Health Appraisal & Risk Management**

Produced by: **Fitness Learning Systems**
1012 Harrison Ave #3 Harrison OH 45030
www.fitnesslearningsystems.com 1-888-221-1612

Course Type: **e-Learning Home Study**

Credit hours: AEA 4.0, ACSM 4.0, ATRI 0.4 COPS-KT 0.4, NSCA 0.3
NFPT 1.0, NCSF 2.0 , YMCA 4.0, NSPA 4.0, NETA 3.0

Author:

June Lindle-Chewning B.S., MA,

June M. Chewning has been presenting educational health/ wellness lectures and fitness classes to corporations, the community, and fitness professionals since 1985 both in the U. S. and Internationally. June serves on the Aquatic Exercise Association Research Council, Certification Council, and is a recipient of the AEA 1995 Achievement Award, and 2001 Contribution to the Aquatic Fitness Industry Award. She serves as adjunct faculty for Cincinnati State College, developing and teaching several courses for the Health Fitness Technician degree program. She is President of Fitness Learning Systems, a CEC education company. She specializes in educational formatting and programming.

Course Summary:

Health Appraisal and Risk Assessment are two of the most important responsibilities for a personal trainer. In this process, you identify any health issues your client may have and determine the level of risk for disease and/or injury. This information is used to determine whether physician's consent is necessary before your client performs any physical assessments, or participates in an exercise or physical activity program. The Health Appraisal and Risk Assessment sets the stage for liability and your legal responsibility with your client. If this process is not performed properly, as dictated and outlined by the fitness industry, risk of harm to your client increases as does your risk of exposure to liability. It is an absolutely necessary and important FIRST STEP for all fitness professionals who work with clients in a one-on-one setting.

Objectives:

Upon completion of this course, you will be able to:

1. Understand the importance and necessity of health appraisal and risk assessment for all clients.

2. Learn how to properly perform a health appraisal.
3. Understand ACSM risk factor thresholds for coronary artery disease.
4. Be familiar with the signs and symptoms suggestive of cardiovascular and pulmonary disease.
5. Be able to place your client into an ACSM risk stratification to determine whether a physician's consent is necessary.
6. You will practice the health appraisal and risk assessment process with sample clients.

Outline:

Purpose of Health Appraisal and Risk Assessment

Goals of Health Appraisal

Self- Administered Questionnaires

Health Appraisal Forms for Personal Training:

Overview

Demographics

Health Information

General Information/ Health History - Sample 1

Medical History Questionnaire - Sample 2

Health History Form - Sample 3

Process for the Health Appraisal

Collecting Health Appraisal Information:

Overview

ACSM Coronary Artery Disease Risk Factor Thresholds

ACSM Major Signs and Symptoms Suggestive of Cardiovascular and Pulmonary Disease.

Process for Determining Risk and Stratification

General Health Concerns

Medications, Drugs, Vitamins, Herbs, and Supplements

Joint and Orthopedic Concerns

Additional Information and Forms:

Physician's Consent

Informed Consent and Waiver of Liability

Business Arrangement

Exercise Interest Survey

Nutritional/ Lifestyle Assessment

Practice the Process:

Sample Client 1

Sample Client 2

Sample Client 3

Bibliography:

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