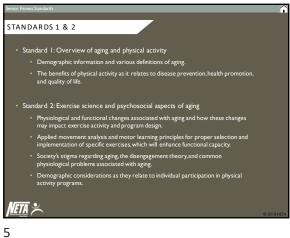




3



STANDARDS 3 & 4 Califact of 3.Assessment.

Criteria for test selection

Cardiovascular risk factor identification

Health, activity, and other lifestyle appraisals

Backgroundand medical screening

Physiological and functional fitness assessments

Accepted national guidelines for exercise testing and prescription Standard 4: Exercise program design andard 4: Exercise program design
Interpretation of data
Physical and functional fitness components related to activities of daily living
Appropriate application of exercise principles
Training formats and session designs for different functional abilities
Individual and group exercise sequencing and exercise program structure
Economic considerations and consequent equipment options
Participant recruitment and tracking NETA 😕

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