Physical Activity Challenge (Mandatory): Rapid Assessment of Physical Activity Questionnaire: [http://depts.washington.edu/hprc/docs/rapa\_03\_06.pdf (Links to an external site.)](http://depts.washington.edu/hprc/docs/rapa_03_06.pdf)

Please complete the above challenge and submit a 1-2 page critical review and interpretation of your results.

Use the material gleaned from the reading and lecture material from Week 1 and your physical activity score to answer the following questions:

* Based on your score, how active are you currently?
* How are you matching up to the PA Guidelines for Americans?
* Based on your results and the guidelines, should you focus on increasing, maintaining (or maybe even decreasing) your physical activity?
* If your results suggest that you should alter your physical activity, where would you like to focus? If your results suggest that you should maintain your current physical activity, is there a certain area of your schedule that you particularly enjoy or maybe would like to modify?

Double spaced, size 12 font. Please cite any sources referenced in APA format.

NOTE: All students must complete this first physical activity challenge!

Physical Activity Challenge (Mandatory) - PAR-Q and Risk Stratification: **Fill out a PAR-Q and Risk Stratification Form** (Appendices C & D below) to determine your readiness and risk for physical activity. Please note that all submissions for these assessments are confidential, and are only seen by the teaching staff.

[http://exerciseismedicine.org/assets/page\_documents/Complete%20HCP%20Action%20Guide.pdf (Links to an external site.)](http://exerciseismedicine.org/assets/page_documents/Complete%20HCP%20Action%20Guide.pdf)

Please complete the above challenge and submit a 1-2 page critical review and interpretation of your results.

* According to the PAR-Q, did you answer "yes" to any of the questions? If so, which ones? Have you consulted a physician about these conditions previously? (\*\*Please note that if you have answered yes to any of these questions, you are encouraged to consult a physician prior to beginning a physical activity regimen!)
* Use the risk stratification scoring and risk stratification classification (Appendix E) to answer the following questions:
	+ What risk are you at for physical activity (low, moderate, high)?
	+ Should you consult a doctor prior to exercise or have a doctor observed stress test?
	+ Based on your results, do you think you are physically ready for exercise?

Please prepare 1-2 pages. Double spaced, size 12 font. Please cite any sources referenced in APA format.

NOTE: All students must complete this second physical activity challenge!

Physical Activity Challenge Body Composition Assessment

Please assess the three following variables:

**BMI:**[http://www.exrx.net/Calculators/BMI.html (Links to an external site.)](http://www.exrx.net/Calculators/BMI.html)

**Waist to Hip Ratio:** [http://www.exrx.net/Calculators/WaistHipRatio.html (Links to an external site.)](http://www.exrx.net/Calculators/WaistHipRatio.html)

Please complete the above challenge and submit a 1-2 page critical review and interpretation of your results.

Use the material gleaned from the reading and lecture material to answer the following questions:

* What is your BMI and waist to hip ratio?
* Based on BMI guidelines, where is your BMI (underweight, healthy, overweight, or obese)? Based on your body structure, do you feel this classification is accurate? Why or why not?
* Based on the waist to hip ratio calculator, what risk category are you in? How does this compare with the population average?
* Discuss whether this information is surprising to you or what you expected. Why?

Double spaced, size 12 font. Please cite any sources referenced in APA format.

Physical Activity Challenge Muscle Strength Pushup Test

[http://www.exrx.net/Calculators/PushUps.html (Links to an external site.)](http://www.exrx.net/Calculators/PushUps.html)

Please complete the above challenge and submit a 1-2 page critical review and interpretation of your results.

Use the material gleaned from the reading and lecture material from Week 4 and your physical activity score to answer the following questions:

* How many pushups were you able to do without stopping?
* How does your score compare with the population average? Do you think you should try to improve your score, or are you happy with where it is now?
* Based upon what you have learned in class, why is it important to have and maintain muscular strength over time?

Double spaced, size 12 font. Please cite any sources referenced in APA format.

Physical Activity Challenge: Write an Exercise Prescription for yourself or someone in your family or community: [http://exerciseismedicine.org/assets/page\_documents/Appendix%20G%20-%20Prescription%20Form.pdf (Links to an external site.)](http://exerciseismedicine.org/assets/page_documents/Appendix%20G%20-%20Prescription%20Form.pdf)

Please complete the above challenge and submit a 1-2 page critical review and interpretation of this challenge.

Use the material gleaned from the reading and lecture material to answer the following questions:

* Write out your exercise prescription and discuss why you chose the exercises that you did (make sure to use the FITT principle).
* Who is this prescription for and what considerations do you need to understand before you write it?
* How easy or difficult will this prescription be for the recipient to follow?
* Discuss whether or not you think an exercise prescription is a useful tool for clinicians.

Double spaced, size 12 font. Please cite any sources referenced in APA format.

Short Physical Performance Battery (SPPB): Complete the SPPB on yourself or (even better) on an older individual you may live with or be friends with. If possible, compare your score with theirs.

[http://geriatrictoolkit.missouri.edu/ShortPhysicalPerformanceBattery.pdf (Links to an external site.)](http://geriatrictoolkit.missouri.edu/ShortPhysicalPerformanceBattery.pdf)

Please complete the above challenge and submit a 1-2 page critical review and interpretation of this challenge.

Use the material gleaned from the reading and lecture material to answer the following questions:

* What were your scores and/or the score of your older individual?
* Discuss the implications of this score on your risk of morbidity and mortality.
* In a subjective sense, how difficult were these tasks to complete for yourself and/or for your older individual? Can you imagine ways that the difficulty of these tasks may be minimized or enhanced over time with an active or sedentary lifestyle?

Double spaced, size 12 font. Please cite any sources referenced in APA format.

Physical Activity Questionnaire for Adolescents (PAQ-A found [here](https://canvas.harvard.edu/courses/1109/files/433806/download?wrap=1)): Complete the PAQ-A with a child or adolescent in your family or community and score as below:

|  |
| --- |
| ***1) Item 1 (Spare time activity): Take the mean of all activities ("no" activity being a 1, "7 times or more" being a 5)***  |
| ***2) Item 2 to 7 (PE, lunch, right after school, evening, weekends, describes you best): Take a mean by simply using the reported value that is checked off for each item (the lowest activity response being a 1 and the highest activity response being a 5).*** |
| ***3) Item 8: Take the mean of all days of the week ("none" being a 1, "very often" being a 5).*** |
| ***4) Item 9 Can be used to identify students who had unusual activity during the previous week, but this question is NOT used as part of the summary activity score (so just ignore it).*** |
| ***5) How to calculate the final PAQ-A activity summary score: Once you have a value from 1 to 5 for each of the 8 items (items 1 to 8) used in the physical activity composite score, you simply take the mean of these 8 items, which results in the final PAQ-A activity summary score.*** |

Please complete the above challenge and submit a 1-2 page critical review and interpretation. NOTE: A higher score (between 1-5) will mean a more active child, while a lower score indicates a less active child. Use the material gleaned from the reading and lecture material to answer the following questions:

* What was the score of your child or adolescent?
* Discuss the implications of this score on your child's health overall. What do you know about physical activity and children and long term health implications?
* In a subjective sense, how do you think you could use this tool to work with a child in your family or community to help increase their physical activity?

Double spaced, size 12 font. Please cite any sources referenced in APA format.

Please sign up for either the MeYouHealth ([Link (Links to an external site.)](http://meyouhealth.com/)) Daily Challenge([Link (Links to an external site.)](http://meyouhealth.com/daily-challenge/) or Walkadoo app ([Link (Links to an external site.)](http://meyouhealth.com/walkadoo/)). You can do this by smart phone or computer. Follow the instructions/challenges for 3-5 days and discuss:

* How appropriate did you find the challenges, given the information you entered?
* Were the challenges easy, moderately difficult, or difficult? Why? What were some of the impediments or obstacles you faced in performing?
* Did you interact with the social component of the app? If yes, did you find it enjoyable, interesting or motivating?
* Overall, give your impression of the challenges/app and whether you think this is a worthwhile activity for health in the long term.

Make sure to cite all appropriate literature in APA format and use size 11 Arial/Times New Roman Font. 1-2 pages.