

## Case Study Instructions: Sheila Williams

Please use Ms. Williams:

- AHA/ACSM Preparticipation Screening Form
- S. Williams Case Study
- S. Williams Testing Data Sheet
- S. Williams Volume worksheet

Provide the following (Minimum):

- Preparticipation Screening & Risk Status Stratification
  - Review history including preparticipation screening form
  - Preparticipation algorithm to determine if you need further medical evaluation or clearance
  - Risk factor assessment
  - Risk stratification
  - likelihood of underlying disease and 10-year mortality prognosis
  - Determine appropriate, beginning exercise intensity
  - Special considerations and I
  - Goals
- Please Provide a comprehensive assessment of Ms. Williams Fitness Status:
  - Address all health-related components of fitness including benchmarking with normative data to provide qualitative and quantitative feedback
  - Address all performance-related fitness
  - Provide notes and any recommendations for further/future testing.
- Please provide a comprehensive ExRx to include a minimum of:
  - The quality and quantity of exercise
    - Frequency, Intensity, Time and Type for each component of health-related fitness as well as for warm-up and cool-down.
    - Provide a minimum of two specific exercises for each component of fitness.
    - Provide the exercise volume for cardiovascular and resistance-training components for each exercise session and for the week.
    - Provide your plan for progression of exercise volume/progressive overloading.
    - Plan for reducing sedentarism and increasing physical activity with weekly volume of exercise quantified.
  - Apply any special considerations related to Ms. Williams' health status and risk assessment to each aspect of your ExRx.
  - Apply any special considerations related to Ms. Williams' goals to each aspect of your ExRx.

Please consult the course web page: <http://www.andyweilerhasclass.com/kin6056.html> PW: AWeiler for resources and information required for completing this assignment.

Resource list:

[Measuring function fitness in older adults](#)

[30-sec Chair Stand Assessment Scoring Sheet](#)

[Timed Up and Go Assessment Scoring Sheet](#)

Ex Volume Worksheet

BMR Assessment Worksheet

[Normative values for Senior Fitness Test](#)

YMCA Bench Press Test norms

Sit & Reach Normative Data

SWilliams Case Study Documents

[Common Senior Fitness Test Components videos and resources](#)

[Duke University School of Medicine's Aging Center's Functional Assessment Measures](#)