Assessing Physical Activity Programs & Physical Fitness

Chapter 6: Motivating People
Keeping Track of our Client

- Help the client reach their goals
- Provides them much needed feedback
Instruments used to keep track of the client

- **Determining Intensity Level**
  - Do your clients know the differences between low, moderate, and high intensity exercise? (First assignment in the class)
  - **Talk test**
    - Sing at low levels
    - Talk at moderate levels
    - Too winded to talk at vigorous level
  - **Heart Rate**
  - **Borg’s rating scale**
    - 1-to-10: Rates your workouts
    - 6-to-20: Commonly used in assessing to determine maximal levels.
Effective tracking techniques

- Amount of time exercising in:
  - Low to moderate levels
  - Vigorous levels

- Provide a recording form
  - 10 minute periods
  - 30 minute periods
  - Total minutes daily

- Have the client track 2 regular working days and 1 day on the weekend

- Client record their daily steps with the use of step counters.
Assessing during PA and Exercise

- Do it! It enhances client motivation.
- Helps span the gap from perceived to real levels of effort.

Common techniques
- Heart rate for 6 seconds, just add the “0”
- Heart rate for 10 seconds, just multiply it by 6
- With longer periods, heart rate may not be as valid.
- Walk test
In Summary

- Keep records, monitoring the exercise intensity, and monitoring exercise levels during exercise are motivation techniques that when used motivate the client.