1. What 5 things must be adhered to before performing strength or cardio-vascular tests on a client?
2. \_
3. \_
4. \_
5. \_
6. \_
7. Describe systolic blood pressure and the desired range for same.
8. Describe diastolic blood pressure and the desired range for same.
9. What action should be taken with any client with hypertensive blood pressure?
10. In what cases would you not perform skinfold measurements?
11. Why are sub-maximal (as opposed to maximal) cardio-vascular tests used?
12. What may affect the accuracy of a sub-maximal cardio-vascular test?
13. What is the suggested order of performing strength tests?
14. When should a Single-leg Squat test be used?