

Body System Check-up, Legit?



1. Fitness Test (stopwatch and step) – refer to class website
2. Blood Sugar Test (glucometer, strips, needles, sharps container, gloves and alcohol swabs) refer to teacher's demonstration
3. Strength Test (hand dynamometer) – refer to Thompson Text
4. Blood Pressure (Blood pressure machine or stethoscope and sphygmometer) – refer to Thompson Text
5. Fat % Test (fat calipers) – refer to Thompson Text
6. BMI Test (tape measure & weigh scales) - refer to Thompson Text
7. Breathing Test Sounds (Stethoscope) – refer to class website
8. Sit and reach (Sit and reach box) - refer to Thompson Text
9. Heart Rate (watch) - refer to Thompson Text

For each of the 9 tests answer the following questions with some thought and detail. Each section should be titled with the test

- i. What was the patient's score?
- ii. How did this score compare to the norms?
- iii. What is this test measuring?
- iv. How could this test be flawed?
- v. How did your patient perform in the test?
- vi. What could your patient do to perform better on this test?

