

## Inclusive Fitness – Factsheet

# Pre-Screening, Assessment & Information Gathering



### Pre-Screening

- Health History
- Physical Activity / Exercise History
- Functional Ability
- Client Goals – Short & Long Term
- Physical Activity Preferences



### Assessment

- Information on the Individuals current level of Function
- Information on the individuals level of Ability
- Information to be retained for Comparisons
- Objective and Subjective Assessment
- Functional Assessment, PAR-Q's & Perceived Exertion Scale



### Functional Assessments

#### Some Examples:

- Walk through feet on the spot or over ten metres
- Sit to stand – using chair without arms
- Stand to Sit – in a controlled way
- Lying to sitting on a mat
- 2 minute step test
- Chair sit and reach



### Information Gathering

- Written Assessment
- Verbal Assessment
- Care Assistants, helpers or carers
- Health Care Professionals