ESS 121 Fitness reports

Data Summary and Interpretation

Use graphs to summarise the data obtained during the data collection undertaken within the course. Of critical importance is an examination of the methods we used to determine what a healthy body is (BMI, Waist to Hip ratio, Percentages Body Fat, Visceral Fat Rating). Do these various indices provide similar overall assessments of body condition? What could influence how these indices measure health status? What is your recommended index to measure health status?

Use of Graphs	Assessment of Healthy Body Indices	Which is the best Index?	What could influence these results?	Recommendations	
1 | 2| 3| 4| 5 |	1 | 2| 3| 4| 5 |	1 | 2| 3| 4| 5 |	1 | 2| 3| 4| 5 |	1 | 2| 3| 4| 5 |	Out of 25%

Personal profile

Examine your food intake (energy, carbohydrates, proteins, and fats in relation to the energy you use and the amount of activity you typically do each day. Does the "*calories in versus the calories*" out hypothesis explain your current weight status? Is your diet healthy in relation to dietary recommendations based on your age, gender and life style? If you think your diet is not healthy based on your food diaries, what changes should you be considering? What have you learnt that is new with respect to food and diet? How does your diet compare to those of your friends?

Food Intake Analysis (Energy in-take, Carbohydrates, Proteins and Fats)	Description of activities and life style	Assessment of the "Calories-in versus the Calories out" hypothesis.	What changes should you consider? Or have you clearly demonstrated that you have a healthy diet?	What have you learnt from this exercise? How does your diet compare to those of your friends or class mates?	
1 | 2| 3| 4| 5 |	1 | 2| 3| 4| 5 |	1 | 2| 3| 4| 5 |	1 | 2| 3| 4| 5 |	1 | 2| 3| 4| 5 |	Out of 25%

Fitbit User group

During the course it became clear that the Fitbit website was not working properly and not all profiles were being correctly rendered. As a consequence we cannot complete this section in the detail originally planned. Further, many people did not complete the uploading of their activity (steps) or link their food diaries with their activity measurements. Mohamed A. Kroush prepared two Power Points summarizing data from the Fitbit site on your behalf. Please look at the results and analyse them. Compare my profile with Mohamed's as they are complete with all intended data viewable. Assess how well we are doing with respect to our goals. Using your assessment prepare recommendations on strategies that could improve our paths to achieving these goals (targets).

Interpretation of Fitbit data presented in the supplied Power Points.	How do the methods relate to results obtained?	What strategies could be used to improve the fitness regimes?		Bonus: Upload and Completeness of food diary
1 | 2 | 3| 4| 5 | 6 | 7| 8	1 | 2 | 3| 4| 5 | 6	1 | 2 | 3| 4| 5 | 6	Out of 20%	Additional 10%

The final 30% is like a gift ... you will need to show participation. You need to post the full details for a week of your activity and, depending on the completeness of your commenting and attaching the data, this will be marked out of 15%. The other 15% is an analysis of your activity and a comparison with your peer's activities. Indicate what Life Style changes (especially activity based ones) you intend to make after the exams?

Your Activity		Activity confirmation	Rubric
	Activity Budget and Analysis 1 | 2| 3| 4| 5 |	Day 1	Not well done or with very little detail with each day appearing very similar or identical. Marks = 1-3
	What changes should you be making? 1 | 2| 3| 4| 5 |	Day 2	Each day appearing rather similar but provides some details for the days. Marks = 4-7
	How does your activity compare to your friends? 1 | 2| 3| 4| 5 |	Day 3	Seems a realistic activity plan that covers the 24 hours of each day Marks = 8-11
		Day 4	A detailed activity plan that has the usual expected variations and covers the 24 hours of each day. Marks = 12-15
		Day 5	
		Day 6	
	Out of 15%	Day 7	Out of 15%

Student name   Student Number   Final Mark