

Case Study 2 Chris Double Answer

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Case study 2 Chris Double 7. 14.1 is Chris's BMI 8. 1308 is Chris's BMR 9. 151.6 is his THR at 60% 178.8 is his THR at 80% 10. Since Chris is a young teenager and hoping to be on the wrestling team, a sport that requires a lot of strength, speed, agility, endurance and explosive power I will give him the 1rm bench test for his upper body strength and for his lower body

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strength I will give ...

Case Study Essay - 870 Words

CLIENT PROFILE : CHIS DOUBLE AGE:14 GENDER MALE RESTING HEART RATE 70bpm Height 5'10 weight 120 pound body fat 11%. I NEED CLIENT CALCULATION: 1. What is the clients BMI. 2 What is the clients BMR. 3. Using the karvonen formula. what is the client's target heart rate at 60% and 80%. also I need ASSESSMENT, TRAINING, AND NUTRITIONAL STRATEGY.

CLIENT PROFILE : CHIS DOUBLE AGE:14 GENDER MALE RESTING ...

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bench test for his upper body strength and for his lower body strength I will give ...

Case Study - 870 Words | Bartleby

Section 2: CASE STUDIES (80 POINTS EACH) (sample answers)
CASE STUDY 2: CHRIS DOUBLE CLIENT PROFILE: CHRIS DOUBLE
Age Gender Resting Heart Rate Height Weight Body Fat
Percentage 14 Male 70 bpm 5'10" 120 pounds 11% Chris is a high school student and is eager to gain some muscle mass. He eats a diet that consists primarily of processed foods (fast food, cafeteria, etc.) Chris is anxious to get ...

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1 Case Study Heidi Clayton 1. Chris Double's BMI is 17.21 which is considered underweight. 2. BMR is 1,309 calories per day 3. Target heart rate at 60% is 124 Target heart rate at 80% is 165

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4. I would set up a meeting with Chris and his parents to go over his goals and to get permission from Chris' parents. I would have them fill out a Medical History Questionnaire and Release of ...

ISSA_Case_Study_original (1) - 1 Case Study Heidi Clayton

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CASE STUDY: CHRIS DOUBLE Chris is a high school student and is eager to gain some muscle mass. He eats a diet that consists primarily of processed foods (fast food, cafeteria, etc.). Chris is anxious to get stronger so that he can go out for the wrestling team. CLIENT CALCULATIONS 1. Using the information above, calculate the client's BMI 2. Calculate the client's ...

CASE STUDY: CHRIS DOUBLE Chris is a high school student ...

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Section 2: CASE STUDIES (80 POINTS EACH) (sample answers)
CASE STUDY 2: CHRIS DOUBLE CLIENT PROFILE: CHRIS DOUBLE

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Age Gender Resting Heart Rate Height Weight Body Fat Percentage
14 Male 70 bpm 5'10" 120 pounds 11% Chris is a high school student and is eager to gain some muscle mass.

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