



# HUMAN PERFORMANCE EVALUATION

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## HUMAN PERFORMANCE EVALUATION REPORT

### Body Composition:

Your body mass index is **(Your Score) Kg/m<sup>2</sup>** and is considered **(Interpretation)**, your body fat percentage is **(Your Score)** and considered to be **(Interpretation)**. Finally, your waist to hip ratio is **(Your Score)** and is associated with **(Interpretation)** risk of metabolic disease. Excess body fat hinders multi-system physiological functioning and increases an individual's risk of the various non communicable diseases such as heart disease, respiratory conditions, cancer and diabetes. Furthermore, waist circumference suggests abdominal obesity which indicates organ fat which is particularly harmful, whereas hip circumference is associated with subcutaneous fat, otherwise fat beneath the skin and is non-harmful. As the ratio of waist-to-hip increases, the risk of disease and other health complications increases too. Body mass index, is a crude measure in a physical assessment and is attained through dividing mass in kilograms by height in meters squared, it suggests what a healthy weight would be for an individual's height, however it neglects the actual proportions of lean and fat tissue, which is why body fat percentage is preferred.

Body Composition for <i>Your Gender and Age</i>				
Category*	Body Fat (%)*	Risk Level**	Waist to Hip Ratio**	Body Mass Index (Kg/m <sup>2</sup> )
Excellent	15.3-17.8	Low	<0.90	18.5 -24.9
Good	17.9-21.2			
Average	21.3-24	Moderate	0.90-0.96	25-29.9
Below Average	24.1-27.4	High	0.97-1.02	<18.5 OR 30-39.9
Poor	≥27.5	Very High	>1.02	>40

### Blood Pressure:

Your blood pressure is determined to be **(Interpretation)**, as your systolic blood pressure is **(Your Score) mmHg** **and** your diastolic blood pressure is **(Your Score) mmHg**, this indicates that you have **(Interpretation)** blood pressure and are at a reduced likelihood of cardiometabolic disease and dysfunction. Further the average pressure within your arteries on a beat to beat basis is considered **(Interpretation)**. Your resting heart is classified to be **(Interpretation)** because it is **(Your Score)**.

**\*Note:** In order to be diagnosed with hypertension requires 2 or more office visits (more days preferred)

Blood Pressure Chart		
Blood Pressure Category	Systolic Pressure	Diastolic Pressure
Normotensive	<120	<80
Prehypertensive	120 - 129	<80
Hypertension Stage 1	130 - 139	80-89
Hypertension Stage 2	≥140	≥90

### Aerobic Fitness:

VO<sub>2</sub>max is considered the gold standard for measuring aerobic fitness, you scored **(Your Score) ml/kg/min**. Taking into consideration your chronological age, sex and population standardized norms, your aerobic fitness is classified as **(Interpretation)**. A very good level of aerobic fitness is associated with considerable health benefits. Scientific evidence has established a highly reduced risk of developing cardiovascular disease, metabolic dysfunction, all-cause mortality and mortality rates from cancers. Continue to engage in moderate physical activity as frequently as possible, while continuing or adding vigorous activity 3 days per week. Transitioning from very good to excellent will continue to enhance and add further health benefits associated with aerobic fitness.

Assessing Cardiorespiratory Fitness for <i>Your Gender and Age</i>					
Age (yr)	Poor	Fair	Good	Very good	Excellent
20-29	≤41	42-45	46-49	51-55	56+
30-39	≤40	41-43	44-47	48-53	54+
40-49	≤37	38-41	42-45	46-52	53+
50-59	≤34	35-38	39-42	43-48	49+
60-69	≤31	32-34	35-38	39-44	45+

### Spirometry:

The spirometry test is used to measure how well your lungs are functioning and can be used to diagnose a chronic lung disease. In general, it measures how much air you inhale & exhale as well as how quickly you exhale. Forced Expiratory Volume in 1 second (FEV<sub>1</sub>) is the amount of air exhaled during the first second of your exhalation breath and your best score was **(Your score) L**. Forced Vital Capacity (FVC) is the total amount of air exhaled during the test and your best score was **(Your score) L**. The FEV<sub>1</sub>/FVC ratio represents the percent of FVC that can be exhaled in one second and is the main marker used in the diagnosis of obstructive and restrictive lung disease, your highest value was **(Your score)**. Your pulmonary function test shows an **(Interpretation)** pattern. Your FVC is 80% or more of the predicted value for your age, height, race and gender but your FEV<sub>1</sub>/FVC ratio is less than 85% of the predicted value for your age, height, race and gender.

Pulmonary Function Test			
	FEV <sub>1</sub> (L)	FVC (L)	FEV <sub>1</sub> /FVC (%)
Trial 1	Your Score	Your Score	Your Score
Trial 2	Your Score	Your Score	Your Score
Trial 3	Your Score	Your Score	Your Score

### Musculoskeletal Fitness:

Your musculoskeletal fitness rating is composed of your grip strength, push-ups, plank endurance and vertical jump. Taking into consideration your age and gender your grip strength is considered **(Interpretation)** and is correlated with functional capacity, vitality and longevity. Furthermore, your push up test and plank endurance resulted in **(Interpretation)** & **(Interpretation)** rating's respectively. Finally, using your vertical jump height of **(Your Score)** we calculated your peak leg power which is considered to be **(Interpretation)**.

Musculoskeletal Fitness Norms for Your Gender and Age					
Rating	Grip Strength (Kg)	Push ups (# reps)	Plank (Secs)	Vertical Jump (Cm)	Peak Leg Power (Watts)
Excellent	≥101	≥21	120-180	≥41	≥4019
Very good	92-100	13-20	88-119	34-40	3567-4018
Good	84-91	10-12	54-87	28-33	2937-3566
Fair	76-83	7-9	20-53	18-27	2512-2936
Needs improvement	≤75	≤6	≤19	≤17	≤2511

### Functional Movement Screen:

You scored a **(Your Score)** /21 on the functional movement screen and your overall risk of future injury and poor biomechanics is classified as **(Interpretation)**. With that said, **(Your Score)** movement patterns including **(Your Score)**, have scores associated with dysfunction; corrective exercises have been provided in order to improve your movement competency within these patterns and reduce the onset of injury. Please review the FMS report generated for further details.

Functional Movement Screen	
Category	Score out of 21
Low Risk	≥14
Moderate Risk	8 - 13
High Risk	≤7

<b>HUMAN PERFORMANCE LAB FINDINGS</b>			
<b>Category</b>	<b>Test</b>	<b>Value</b>	<b>Interpretation</b>
BODY COMPOSITION	Body Mass Index	Your Score	Your Rating
	Body Fat %	Your Score	Your Rating
	Waist-to-Hip Ratio Risk	Your Score	Your Rating
VITALS	Brachial Systolic Blood Pressure	Your Score	Your Rating
	Brachial Diastolic Blood Pressure	Your Score	
	Mean Arterial Pressure	Your Score	Your Rating
	Pulse Pressure	Your Score	Your Rating
	Aortic Pressure	Your Score	Your Rating
	O2 Saturation	Your Score	Your Rating
LUNG FUNCTION	Forced Vital Capacity	Your Score	Your Rating
	Forced Expired Volume in 1 second	Your Score	
AEROBIC FITNESS	VO2max	Your Score	Your Rating
MUSCULOSKELETAL FITNESS	Grip Strength	Your Score	Your Rating
	Push-Ups	Your Score	Your Rating
	Plank	Your Score	Your Rating
	Vertical Jump	Your Score	Your Rating
	Lower Body Power	Your Score	Your Rating
FUNCTIONAL MOVEMENT SCREEN	Total Score	Your Score	Your Rating
	Deep Squat	Your Score	Your Rating
	Hurdle Step	Your Score	Your Rating
	Inline Lunge	Your Score	Your Rating
	Shoulder mobility	Your Score	Your Rating
	Active Straight Leg Raise	Your Score	Your Rating
	Trunk Stability Pushup	Your Score	Your Rating
	Rotary Stability	Your Score	Your Rating