Hayley Richardson

PED100/Fitness through Running

End of Semester Fitness Assessment

At the end of the semester, we performed tests similar to those that we did in the beginning; we did the step test to capture our exercise and recovery heart rates and we did a fat pinch test to see what our body fat percentage is. I was not surprised by either of my scores for these tests, mostly because they were nearly identical to the scores that I got the first time. I thought that this would be the case because, being an athlete already, I did not expect this class to improve my level of fitness in any way. That being said, I did think that my body fat percentage might have decreased a little bit because I have been eating healthier than I was in the past; however, this did not happen. In fact my body fat percentage at the beginning of this class (24.2%) was nearly identical to my body fat percentage at the end of this class (24.3%). One thing that I noticed that does not surprise me but that may appear surprising is that my exercise heart rate for the step test was higher at the end of the semester than it was at the beginning. I expected that this would happen because during the first step test, we were in the heat of our cross country season and I was in really good shape. Due to some illness and unforeseeable circumstances, I was not able to run for a lot of the second half of the season and thus, my fitness level went down. Now we are in preseason track mode and I am not in as good of shape as I was during the first step test, so it makes sense that my heart rate was a little bit higher this time. All in all, this class did not have a huge impact on me this semester simply because I already ran every day and thus I was already feeling the effects of daily exercise.