Health First TriFIT Program

It is important to keep this handout and take it with you to a computer lab in order to complete the software assessment part of this program.

### Biometrics
- Height/Weight _______
- Blood Pressure _______

### Strength/Flexibility

#### Strength Field Tests
- Left Grip _______
- Right Grip _______
- 60-second sit-ups _______
- Maximum pushups _______

#### Flexibility Field Tests
- Modified Sit and Reach _______
- Shoulder Rotation _______
- Total Body Rotation
  - Left _______
  - Right _______

### On your own – outside of class assignment:

**Cardiovascular Field Test**
- 12 minute Cooper Run/Walk: _______
  - Go to the fitness center, get on the treadmill and enter 12 minutes. Walk/run for the 12 minutes and then record your distance above.

### Health First TriFit Assessment Program

This software is available in the following computer labs: Chandler 103B, Linder 202, Daniel Commons, McMichael 320, Alamance 315, Mooney 201, KOBC 201, 313 or 354, or the Library. In order to access the software, follow the instructions outlined below.

#### Once you have logged on, Click on Start (bottom left corner of the screen)
- Go to the pull down menu in the top left corner and click on Student, New Student

#### Complete Demographics:
- Type in an ID number that you can remember, however, DO NOT use your Social Security number
- Name – required
- Age – required (you must be at least 19 years old, may need to add a year to your age)
- Gender – required
  - *Do not complete the rest of the demographic information*

#### Testing:
- Go to the pull down menu and click on Testing
- Click on New Record if this is the first time you have placed information into Trifit
- Click on Edit Record if you entered information into Trifit previously

### Biometrics
*ParQ*

Enter above information under each of the corresponding categories. **You must enter your height/weight under Biometrics prior to continuing with the Health Risk Appraisal section.**

### Health Risk Appraisal

Complete all questions in each of the following sections:
- Heart Disease
- Cancer
- Diabetes
- Stress
- Depression
- Nutrition
- Prevention

After placing all assessment information in Trifit, go to the pull down menu at the top of your screen and click on Print.

Print a Data Summary and the Body Age Report