

Note: Currently, I am not actively working in the health and fitness industry. In this post, I am describing what I would do in the future when I become a practitioner. I have no clients and no experience to speak of.

M6

Studying a client's daily pattern of physical and non-physical activities is beneficial in assessing and augmenting their current activity level (Marcus & Forsyth, 2009). It also helps time management. I would use a combination of an interview questionnaire (better comprehension, fewer recollection errors) and a simple daily diary (combination of activity and time tracking as in figures 6.1 and 6.3 in Marcus and Forsyth, 2009) (Terumi Ueno, Sebastiao, Icassatti Corazza, & Gobbi, 2013).

I would conduct a full "interview" perhaps once per month, but every week I would review their diary with them to see what needs to be modified (Kriska & Caspersen, 1997). A short time frame diary minimizes recall challenges and brings more awareness to the client on what they are doing and how time is spent (Kriska & Caspersen, 1997). With the longer time frame (monthly interview), one is better able to identify actual patterns as opposed to anomalies (Kriska & Caspersen, 1997). I think the key to better compliance is to keep the diary/questionnaire simple, fun, and minimize the inconvenience. Diaries/questionnaires should be tailored to your clientele (e.g. independently-living clients vs. group home situation).

Accelerometry (on lower back) can help monitor activity including fall detection, body orientation, gait characteristics, low/high level activities, and transitional activities (van Schooten et al., 2015). Six consecutive days of 24 hrs actigraphy would provide very reliable results, but 3 days would be adequate as well (van Schooten et al., 2015).

Resting heart rate (HR) in the older adult population may be skewed due to age and medical considerations. I would take baseline readings, use the walking test (arm-cycle machine for non-ambulatory people), use the Borg Rate of Perceived Exertion Scale, and HR immediately after the bout timing how long it takes to recover resting HR.

References

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