

Name: _____ **Period:** _____ **Date:** _____

Health and Fitness Career Assignment

Directions: Choose a career and research the fitness requirements/demands of the job. Also be aware if there would be any communicable or non-communicable occupational risks for that career. Your career choice must be a legitimate career that you can find out information about the physical and health related demands a person will experience if they are working in that field. Write in complete sentences. You must cite at least two sources here:

Source #1: _____

Source #2: _____

Career: _____

Job Description:

What are the demands of the career you have chosen
as they relate to the components of health and fitness?

Flexibility:

Physical/Mental Demands

Cardiovascular Endurance:

Physical/Mental Demands

Muscular Strength:

Physical/Mental Demands

Muscular Endurance:
Physical/Mental Demands

Body Composition:
Physical/Mental Demands

Conclusion: Give at least three details how a person's fitness level affects their ability to be successful in this career?

Research and list safety issues a person in this career could face. How can he/she deal with this?

