

Physical Activity Case Assignments

CASE #1: UNDERTRAINING

H.D. is a 43-year-old male struggling with obesity. He is 5'10" and 255 pounds with a BMI of 36.6. He works as a customer service agent for a major telecommunications company and sits at his desk throughout the entire work day. While he does have time for breaks, normally he stays seated at his computer and checks email or social media during that time. He hasn't been physically active in about 10 years after injuring his back lifting a piece of furniture. While he's no longer injured, he has put on about 50 pounds in the past 10 years and feels unsure about how to get back into exercise.

CASE #2: OVERTRAINING

L.E. is a 32-year-old female competitive runner and CrossFitter who has had amenorrhea for the past two years ever since she trained for her first half-marathon. She does CrossFit three to four times per week and usually goes for about two to three runs per week that range from five to 10 miles total. She occasionally goes hiking on her “off” days from training. She is 5’8” and 145 pounds, with a body fat percentage of 24 percent. She wants to get leaner but has found that no matter how hard she trains, she can’t lose any more body fat. She has also started to develop significant energy and mood swings and has been injured three times in the past year and had to take at least a week off of exercise each time. She is usually very sore the next day after a workout but feels this is normal for the intensity she is training. She wants to know how to adjust her exercise schedule to help her lose more body fat and is considering adding in some days where she works out twice a day. She is not concerned about her menstrual cycle right now, though she does want to have a baby in the next three to four years.