Evaluation of a Screening Device that Incorporates the ACSM'S Newly Revised Screening Guidelines
JoAnn M. Eickhoff-Shemek, FACSM1, Aaron C. Craig2. 1University of South Florida, Tampa, FL. 2TechnoGym, Tampa, FL.
Email: eickhoff@usf.edu
(No relationships reported)

Major revisions in the ACSM's screening guidelines will be included in the 10th edition of the ACSM's Guidelines for Exercise Testing and Prescription (GETP). The primary goal of the revised guidelines is to streamline the screening procedures published in the 9th ed. of the GETP by (a) eliminating the assessment of risk factors and stratification of individuals into low, moderate and high risk categories, and (b) possibly reducing the number of individuals needing to obtain medical clearance. A pre-activity screening questionnaire (PASQ) that incorporated the revised guidelines was administered to employees who participated in the 2016 University of South Florida FIT program.

PURPOSE: To evaluate the PASQ by obtaining feedback from FIT participants and the exercise professional who administered the PASQ.

METHODS: After completing the PASQ, participants were sent an e-mail asking them to complete a survey to determine if the terms and questions in each of the following five sections of the PASQ were clear and understandable: (1) Instructions, (2) Current Physical Activity, (3) Medical Conditions, (4) Signs/Symptoms, and (5) Acknowledgement/Signature.

RESULTS: Of the 20 participants, 15 (75%) completed the survey including 10 new and five returning FIT participants. All participants indicated "yes" when asked if the terms and questions were clear and understandable in all of the five sections except one participant. This individual indicated that the definitions of moderate and vigorous intensity (in Section 2) were not clear and understandable and commented that there was not much variance in the activity levels. Regarding level of difficulty to complete the PASQ, 10 indicated "very easy" and five indicated "easy". The professional who administered/interpreted the PASQ indicated the process was easier and more time efficient than the PASQ used for the FIT program in previous years that incorporated the screening guidelines from the 9th ed. of the GETP. Three of the five returning FIT participants also indicated that the PASQ was easier and faster to complete than the previous PASQ. In addition, none of the FIT participants needed to obtain medical clearance compared to previous years in which 25-35% of the participants did.

CONCLUSION: The PASQ was found to achieve the primary goal of the ACSM's revised guidelines.

Exercise enjoyment is purported to predict future exercise engagement. While the physiological benefits associated with high intensity interval exercise (HIIE) have been well documented, limited information exists regarding individuals' enjoyment of this form of exercise in comparison to traditional continuous exercise modalities, particularly in physically inactive individuals.

PURPOSE: To quantify rating of perceived enjoyment using the physical activity enjoyment scale (PACES) following HIIE, moderate-intensity continuous exercise, and vigorous-intensity continuous exercise in physically inactive young men.

METHODS: Twelve physically inactive apparently healthy young men (mean age: 24.33±1.72 years; body mass index: 23.49±4.64 kg m⁻²; VO₂max: 44.86±6.55 mL kg⁻¹ min⁻¹) participated in the study. Using a randomized cross over design, participants undertook three running trials consisting of HIIE (40 min at 100% VO₂max interspersed with 10 min active recovery at 50% VO₂max), moderate-intensity continuous exercise (40 min at 65% VO₂max) and vigorous intensity continuous exercise (20 min at 80% VO₂max).

RESULTS: After the completion of all trials, participants were asked to rate their perceived enjoyment using PACES. Statistical analysis was calculated using one-way ANOVA with repeated measures to examine within-subject effect.

CONCLUSIONS: There was no significant difference in perceived enjoyment rating following HIIE (92.42±13.77), moderate-intensity continuous exercise (87.67±15.38), and vigorous intensity continuous exercise (90.58±16.38) (p<0.10).

Food Insecurity and Physical Activity Insecurity among Rural Oregon Families
Katherine B. Gunter, 97331, FACSM, Jennifer Jackson, Emily Tomayko, Deborah H. John. Oregon State University, Corvallis, OR.
Email: Kathy.Gunter@oregonstate.edu
(No relationships reported)

Obesity rates are higher among rural compared to urban children in the U.S. for reasons that are incompletely understood. Emerging data suggest a relationship between food insecurity (FI) and physical activity (PA) insufficiency among children in the U.S., both factors that have been associated with obesity. Rates of child FI are known to be higher among rural compared to urban households, but research is mixed regarding rural/urban differences in PA. As such, exploring the relationships between FI, PA insufficiency, and obesity may help us better understand the rural/urban differences in physical activity intervention among nurses may be needed to fully see the effects of physical activity on nurses' health, and ultimately patient health and safety.

Acknowledgement/Signature.

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Email: eickhoff@usf.edu
(No relationships reported)

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Perceived Enjoyment Responses to High-intensity Interval Exercise and Continuous Exercise in Physically Inactive Young Men
Waris Wongpipit, Eric T.C. Poon, Anthony P.W. Chung, Sinead E. Sheridan, Stephen H.S. Wong, FACSM. The Chinese University of Hong Kong, Hong Kong, Hong Kong.
Email: waris.w@link.cuhk.edu.hk
(No relationships reported)

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Food Insecurity and Physical Activity Insecurity among Rural Oregon Families
Katherine B. Gunter, 97331, FACSM, Jennifer Jackson, Emily Tomayko, Deborah H. John. Oregon State University, Corvallis, OR.
Email: Kathy.Gunter@oregonstate.edu
(No relationships reported)