

A388_2018AbstractSmithRebecca

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Organizations such as the American College of Sports Medicine (ACSM) and the American Heart Association (AHA) have produced pivotal research substantiating claims that cardiovascular health is vital to maintaining one's overall health and well-being. The ACSM routinely updates its guidelines as to the duration and intensity recommended for cardiovascular health, and the AHA releases its own standards for general heart health and statistics of national cardiovascular event occurrence, including heart attacks. The National Guard Fitness Assessments project was designed to facilitate the adherence of National Guard soldiers to these guidelines with the intention of maintaining their abilities to serve in the military should they be mobilized. Additionally, upperclassmen Ball State University Exercise Science majors utilized this project as a method of practical application. Thus, the project was a symbiotic relationship between students beginning their careers and America's soldiers, allowing both parties to experience benefits from their efforts.

Honors College
Ball State University
Muncie, IN 47306