1. ExRx.net, One Rep, <http://www.exrx.net/Calculators/OneRepMax.html>

2. This site was very easy to perform its intended goal. You simply input two number and get your result. It is very easy to achieve the goal and it gives your answer immediately.

3. I would definitely suggest making the website more visually easier to follow. There seems to but a lot of unneeded information on the page that could be cleaned up with an unseen table. If the table was structured with more columns and less rows. I would also suggest using more emphasis on the predicted one rep max for the 50% percentile, or the average lifter.

4. I would suggest removing the Estimated Reps at Percent of 1 Repetitions Maximum chart. It is too difficult for the viewer to understand and does not give the information they came for. I would also suggest emphasizing the importance not attempting to lift more weight than one should. Safety is a serious matter when lifting such heavy weight. A third component I would suggest improving is how they calculate ones score for the one rep max. It would help rationalize ones score in their head instead of just being given a specific number. I would also specify what exercise the one rep max is for!

5. I know that the information is not accurate based off my personal experience. I know for a fact that I am not in the 95th percentile for strength, however according to this site I am. I can lift 245 lbs. for 10 repetitions, and according to this scale the top one rep max is 311lbs. I have personally bench pressed 315lbs. for 2 repetitions. This shows me this scale is not accurate. I am also not the strongest individual in the gym so I should not be in the 95th percentile.

6. This site could be used in my profession for patients/clients who are setting goals for themselves in the far future. If I have a patient who is interested in building there muscle strength, I could show them this chart to share where they stand on the strength scale. I would make it clear that this scale is in no way official or specifically accurate.

7. As I stated earlier, the calculator is slightly skewed. I can lift more than the sale says I should be able to.

1 The Walking Site, Target Heart Rate <http://www.thewalkingsite.com/thr.html>

2. This site is very useful for the user who is looking to learn more about what their heart rate should be during various physical activities. Think it goes into a good amount of depth about each point without being overwhelming.

3. One technical suggestion I have for this website would be to color coordinate each level of heart. The information is inputted in a table, so they easy could have selected each row and went from green to red to show intensity.

4. The change I would make to the content of this website would be to better emphasize how to find one maximum heart rate. They referenced multiple time that one must be aware of their maximum heart rate to use a scale, so sharing a link to find this is be helpful but takes you away from their site.

5. The information given on this site was reliable because it acknowledged that one should not take everything they see on the internet for granted. They shared where they got their information form and provided external links for those who want to learn more about specific topics ( max hear rate).

6. I would be able to use this site with a patient to show them the dangers of their high resting heart rate. I would share with them what the average safe heart rate is, and then show them theirs. I would use my knowledge to show them the dangers of having a high or low resting heart rate.

7. According to the unreliable Max heart rate calculator, my max heart rate would be 199. The scale they use for perceived exertion is hard to use while not doing physical activity, but when working out I would average around a 12.

1. Verywell, fitness level, <https://www.verywell.com/whats-your-fitness-level-3573419>

2. This site is incredibly easy to use and very useful in giving you the answer you came for. Very well put together test. Quick responses to every input.

4. This website has features we did not learn to use n our learning. I however would still suggest that use varying formatting per question. A single image for each option could be optimized with rotating images or videos that show different activities. They could set a timer to rotate the images through for each of the three responses to each question.

4. I would suggest that they create a fourth option for each question in the test. There should be more of a middle ground for those who are not completely dedicated to the gym but are still much more than a novice. This fourth option would also help the test feel less strictly structured, giving you more potential outcomes. This makes the test not give the sense of being rigged.

5. The information on this page was accurate for the fact that it cannot really be inaccurate. The majority of information on this page is proposing options for the reader to choose from. The reader can pick the most accurate one for themselves.

6. In order to use this site in my profession I would first preface the fact that it is not a formal exam. I would then give it to a new client who I am trying to get to know and see where they rank themselves physically. This is a friendly test that is not very intimidating but does break individuals into subgroups depending on how comfortable they feel with varying athletic areas.

7. This quiz identified me as a fitness buff, which is accurate. The quiz looked at my answers and realized that I knew what I am doing in the gym and have a passion for it. I am satisfied with the fitness level I received.

1. Health-Calc, Health Profile, <http://www.health-calc.com/component/sundhedsprofiler/simpel?Itemid=146>

2. This website does a great job explaining what the numbers they are telling you mean. The small descriptions for each option make the site much easier to use. Very user friendly.

3. This website does a great job being interactive, but one change I would make is to make it slightly less interactive. Having to click the mouse too often can be a nuisance for users, so I would suggest using more of page and having the using use hovering drop down arrows. This makes the site feel more fluid and work faster as well. I would also suggest not using pop out windows for the results.

4. On suggestion I have for the content of this website would be to make it more fun. The pictures are great and make the site easy to use. This website would get even more use if it had more of a wow factor such as fun pictures or jokes.

5. This website goes well into depth about one diet, BMI, habits etc. but does not ask enough personal information’s for these to be reliable. The individual’s age and background have an immense impact on the scores this site is handing out. The site does well to share that BMI is not always accurate and can be misleading.

6. I would be able to use this site to measure a new patient’s health fitness before they come in for their initial evaluation. When they sign up to be my client, I would send them my information as well as this test so I can have an initial impression of their health-fitness level before I even meet them for the first time. This will allow me to better prepare material that is appropriate for their fitness level.

7. The test gave me a score of 84%, and I feel as though this is roughly accurate. I would give myself a 90% personally, but my answers to the questions do lead me believe I may not be as healthy as I hope. The test gives you the reasoning behind the scores it gives you and this helps put it into perspective. This is a good health fitness test.

1. American Heart Health Association, Target Heart Rate 2, <http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/FitnessBasics/Target-Heart-Rates_UCM_434341_Article.jsp#.WFI-BVxrw5y>

2. This site is very easy to follow and has a good flow of information. It starts with essential information to what the reader want to know, and then clearly shares the information in a neatly organized chart.

3. One suggestion I would make to this website is to make greater use of the entire page rather than squeezing the important information in a small row down the middle of the page. If they edited the table to take up the entire page, it would appear much clearer and larger. This is an important aspect of making a chart that will be viewed from multiple different browsers.

4. I would suggest that this website give a little more information on this page itself rather than linking to external article. It is great to have multiple sources for information, but it is also convenient to have all the information you need right there on one page.

This information is accurate because this is a credible source that is back by reputable research and multiple external sources as well. The information is clearly well thought out and presented in a manner than is meant to be clear and difficult to misconstrue. This is reliable information to use for one’s health.

6. This site could prove to be very useful in my profession if I was to use it when working with elderly clients. It clearly depicts the safe heart rates for individuals of all age groups so it is clear that I am not stereotyping them based of their age. It can hard for some to accept that their bodies are not able to do the same things they used to. This chart shows and easy to accept form of measurement to keep them safe.

7. There is no calculator I can make use of while not exercising. I can calculate my resting heart rate, which is 51 beats per minute. I do fall into the 20 year old range with a target heart rate of 100- 170 bpm during exercise. Then I would have a max heart rate of 200 bpm.