附件6

表 广西临床协定运动处方标准格式（试行）

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 基本信息 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 姓名 | | 性别： | | | | | | | | 年龄 | | | | | 民族： | | | | 职业 | | | | 籍贯 | | | | | |
| 联系电话 | | |  | | | | | | | 住址 | | | | | |  | | | | | |  | | | | | | |
| 运动前诊断 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 一般情况 | | | | | | | | | R | | | | HR | | | | P | | | BP | | | | 身高 | | | 体重 | |
| 体质评估 | | | | | | | | |  | | | | | | | | | | | | | | | | | | | |
| 医学诊断 | | | | | | | | |  | | | | | | | | | | | | | | | | | | | |
| 心理评估 | | | | | | | | |  | | | | | | | | | | | | | | | | | | | |
| 营养评估 | | | | | | | | |  | | | | | | | | | | | | | | | | | | | |
| 日常体力劳动等级 | | | | | | | | | □极轻体力 □轻体力 □中体力 □重体力 □极重体力 | | | | | | | | | | | | | | | | | | | |
| 运动风险分级 | | | | | | | | | □低 □中 □高 | | | | | | | | | | | | | | | | | | | |
| 运动测试 | | | | | | | | | 心肺耐力 □低  □中 □高 | | | | | | | | | | | | | | | | | | | |
| 肌肉力量与耐力 □差 □一般 □较好  | | | | | | | | | | | | | | | | | | | |
| 柔韧性 □差 □一般 □较好 | | | | | | | | | | | | | | | | | | | |
| 运动目标 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 总目标 | | | | | |  | | | | | | | | | | | | | | | | | | | | | | |
| 阶段目标 | | | | | |  | | | | | | | | | | | | | | | | | | | | | | |
| 运动处方 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1心肺耐力运动： | | | | | | | | | | | | | | | | | | | | | | | | | |  | |  |
|  | 运动量： | | ●运动强度（低强度/中强度/高强度/适宜强度） | | | | | | | | | | | | | | | | | | | | | | | ●运动时间 | | ●运动频率 |
|  | 运动项目： | | | | | | | | | |  | | | | | | | | | | | | | | | | | |
| 2 肌肉运动（耐力/力量/肌肉适能/肌肉体积/爆发力/最大力量）： | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | 运动量： | | | | | ●组数 | | | | | | ●强度 | | | ●重复次数 | | | | | | ●组间间隔 | | | | | | ●动作频率 | |
|  | 运动项目： | | | | | |  | | | | | | | | | | | | | | | | | | | | | |
| 3 柔韧运动： | | | | |  | | | | | |  | | |  | | | |  | | | | | | | | | | |
|  | 运动量： | | | ●调息 | | | | | | | | ●拉伸 | | | ●放松 | | | ●其它 | | | | | | |  | | | |
|  | 运动项目： | | | | | | | | | | | | | | | | | | | | | | | |  | | | |
| 4 心理健康促进运动： | | | | | | | |  | | | | | |  | | | | | |  | | | | | | | | |
|  | 心理目标： | | | ●良好睡眠 | | | | | | | | | | ●幸福感 | | | | | | | ●其它 | | | | | | | |
|  | 运动项目： | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 注意事项 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 回访时间： | | | | | | | | |  | | | | | | | | | | | | | | | | | | | |
| 运动处方师：  处方机构名称：  年 月 日 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |