

FITNESS ASSESSMENT FORM

The fitness assessment part of this program may include all/or some of the following fitness assessments:

- * Resting Heart Rate
- * Resting Blood Pressure
- * Body Composition
- * Posture Profiling
- * Cardiovascular Endurance
- * Flexibility
- * Muscular Strength
- * Muscular Endurance

The most strenuous of these tests will be the ones that measure cardiovascular (aerobic) endurance. The instructor or yourself may stop this test at anytime because of fatigue or discomfort. Due to the screening process (pre exercise screening questionnaire and medical clearance and the nature of the tests to be used the risk of a serious incident is minimal. Fatigue should not be excessive.

Information gained from this assessment will be used as the basis for exercise prescription and the design of a comprehensive exercise program. Details of this fitness assessment are strictly confidential but may be given to your Doctor. Data may also be collated and used for research purposes. Any question regarding this assessment are welcomed at any time.

I am aware that my involvement in this fitness assessment and the subsequent exercise program is completely voluntary. I am also aware that I may request to stop any test or program prescription, that I see fit, of to stop the assessment and/or program at any stage.

I have read this form and I understand the assessment procedure and consequent exercise program that I will perform. I consent to participate in this fitness assessment and exercise program and I withdraw my right to make claim of any kind whatsoever, against the fitness instructor that will conduct this fitness assessment and exercise program. For any injury, illness or adverse change in my medical condition or state of health arising directly, or indirectly from the tests, training or advice I have received from the fitness instructor, before during and after the fitness assessment and subsequent exercise program.

Signature of client: _____ Date: ___/___/___

Signature if instructor: _____ Date: ___/___/___