

## **Student Fitness Assessment Directions**

### **Step 1: Preliminary Paperwork & Registration Process**

1. Student signs up for Fitness Assessment time by visiting <http://www.lecomsga.com/schedule/>
2. You will first be directed to download two documents:
  - a. Health History Questionnaire
  - b. 'Physician's Clearance to Exercise' form.

**\*\*\* THESE DOCUMENTS MUST BE FULLY COMPLETED (SEE #3 BELOW) AND TURNED IN AT THE TIME OF YOUR ASSESSMENT. IN ORDER TO AVOID ANY CANCELLATIONS, WE ASK THAT YOU SCHEDULE YOUR ASSESSMENT ONLY AFTER YOU HAVE COMPLETED THE DOCUMENTS.**
3. Complete the Health History Questionnaire
  - a. If you check 1 or more statements in Section 1, you must have your physician complete the 'Physician's Clearance to Exercise' BEFORE your assessment can be conducted.
  - b. If you check 2 or more statements in Section 2, you must have your physician complete the 'Physician's Clearance to Exercise' BEFORE your assessment can be conducted.
  - c. If you checked fewer than the number of statements indicated in 'a' or 'b' above, you are ready to schedule your assessment.

**Step 2: Fitness Assessment ~ please arrive with COMPLETED paperwork and dressed in clothing that will allow you to participate in the following activities. Assessments begin every 30 minutes therefore, arriving with incomplete paperwork or not dressed to exercise MAY result in the cancellation of your assessment.**

#### **Station 1: Physiological Measurements & Submax Stress Test**

1. Complete Membership Agreement
2. Verification of completed paperwork.
3. Resting blood pressure and heart rate.
4. Height and weight.
5. Waist circumference measurement.
6. Body composition assessment.
7. Submax treadmill test.

#### **Station 2: Submax Stress Test**

1. 1-minute push-up test.
2. Sit & reach flexibility test.
3. Data will be entered and a personal report generated.
4. An exercise professional will review the results with you.