



FIT4U Health History

Please fill out all the information below and bring to the ASRFC administrative office, room 103.

Name _____ KUID # _____

Age _____ Date of Birth _____ E-mail _____ Phone _____

Emergency contact name _____ Emergency contact phone _____

Membership type (check one): undergraduate graduate faculty staff affiliate retiree domestic partner spouse

What type of exercise interest you? (check all that apply)

- Cardio Machines Group Exercise Jogging Strength Training Swimming/Water Activities
- Walking Sport (please specify) _____ Other: _____

How much time per week are you willing to devote to an exercise program? Minutes/Day: _____ Days/Week: _____

List 3 reasons why you signed up for a FIT4U session:

1) _____ 2) _____ 3) _____

Do you prefer a male or female trainer? Male Female No Preference

Please list any activities that you are currently doing:

activity	days per week	minutes per session	# of months
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Assessment Availability (list times)

Monday _____ Tuesday _____ Wednesday _____ Thursday _____
Friday _____ Saturday _____ Sunday _____

Do you have or have you ever had any of the following? (check all that apply)

- Heart attack, coronary angioplasty, or cardiac surgery Chest discomfort, especially with exercise
- Lightheadedness or fainting with exercise Shortness of breath with exercise
- Rapid heart beats or palpitations Phlebitis, emboli (inflammation of a vein, blood clot)
- Pulmonary disease (asthma, emphysema, bronchitis) Heart muscle, clicks, or unusual cardiac findings
- High blood pressure Stroke
- Ankle swelling Diabetes
- Anemia Emotional Disorder
- Peripheral arterial disease, claudication (limping due to interference with the blood supply to the legs)
- Abnormal blood lipids (evaluated cholesterol and/or triglycerides)
- Recent illness, hospitalization or surgical procedure. If yes, what? _____
- Taking medication. If yes, what? _____

Lifestyle

- Are you taking supplements (multivitamin, herbal, weight loss/gain, etc.) If yes, what? _____
- Drug allergies. If yes, what? _____
- Orthopedic problems, arthritis. If yes, what? _____
- Do you use caffeine products? If yes, how much? _____
- Do you drink alcoholic beverages? If yes, how often, and how much? _____
- Do you smoke? If yes, how much? _____

Do you have any family history of the following? (check all that apply)

- Coronary Disease Sudden Death Abnormal Blood Lipids

Note : Males above 44 years old, females above 54 years old, or those considered high risk are required to obtain a physician's clearance prior to beginning the Fitness Assessment.

I have read and understand the policies and procedures for participating in fitness assessments. The information obtained from the health history form is complete and correct according to my understanding.

Signature: _____ Date: _____ (page 1 of 2)

For Office Use Only : Date _____ Received By _____ Receipt # _____
Package Purchased _____ Added to excel spreadsheet



Please fill out all the information below and bring to the ASRFC administrative office, room 103.

This consent was executed the ____ day of _____, 20__ at KU Recreations Services, State of Kansas, County of Douglas, by _____ (Client/Releasor).

The Releasor wishes to participate in FIT4U, consisting of fitness testing and progressive exercise programming offered by Recreation Services at the University of Kansas. In consideration for participation of this program, the Releasor agrees to the following:

1. In order to more safely carry on an exercise program, I hereby consent, voluntarily, to exercise tests. I shall perform a Graded Exercise Test (GXT) by riding a cycle ergometer or walking/running on a treadmill, or perform a 3-minute step test. Any GXT will be terminated at any time because of my signs or feelings of fatigue or discomfort, or for any other personal reason.

2. I understand that the risks of this testing procedure may include disorders of heart beats, abnormal blood pressure response, and very rarely, a heart attack. I further understand that selection and supervision of my test is a matter of professional judgment.

3. I understand that skinfold measurements will be taken at three sites to determine percent body fat. I will complete a sit-and-reach test and factors related to low-back function will be evaluated. I will also perform an isometric contraction of the bicep muscle and/or execute as many push-ups and abdominal crunches as possible to determine muscular strength and endurance.

4. I desire such testing to obtain advice and counseling regarding my personal exercise program, but I will understand that the testing does not entirely eliminate risk in the personal training program which I will participate in. In consideration of KU Recreation Services' counseling, I hold the University of Kansas and its employees harmless from any claims due to my participation in the program.

5. I understand that information resulting from my test is strictly confidential.

6. I understand that I can withdraw my consent or discontinue participation in any aspect of the fitness testing or personal training program without penalty upon notification of the Fitness staff.

- Cancellations must be made 24 hours in advance. Failure to attend a scheduled appointment or improper notification of cancellation will result in a \$10 charge to you.
- Please fill out the form front and back as accurately and completely as possible in order to maximize the time our staff will be spending with you.
- **Exercise testing and prescription** will take approximately 1.25 hours. If you are late for your appointment, the session will last until the end of 1.25 hours originally scheduled.
- Please dress in comfortable and loose clothing and wear athletic shoes to perform exercise testing. The Fitness evaluation will take place in room 205 of the Ambler Student Recreation Fitness Center.

I have read the clauses above and have had all my questions answered to my satisfaction. For clients that are not of lawful age (16 years or younger), parent or guardian must complete this form.

Date: _____ Signature: _____