

Personal Trainer Health History

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

Name _____ Male Female Other Pronouns _____ 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

How many days each week would you like to work with a trainer? _____

How much time per week are you willing to exercise on your own? Minutes/Day: _____ Days/Week: _____

Why do you want to sign up for personal training? 1) _____ 2) _____

Do you have a trainer preference? (see "Meet the Trainer" on website) _____

Do you currently engage in any planned, structured physical activity for at least 30 minutes at a moderate intensity on or at least 3 days per week for at least the past 3 months? Yes No

Please list any activities that you are currently doing:

Activity _____ Days per week _____ Minutes per session _____ # of months _____

Describe the type of workout you would like to do

What is your desired exercise intensity?

- Light intensity that causes noticeable increases in heart rate and breathing (very light to fairly light)
- Moderate intensity that causes noticeable increases in heart rate and breathing (moderate to somewhat strong; brisk walk)
- Vigorous-intensity exercise that causes substantial increase in heart rate and breathing (somewhat hard to hard; running)

Training Availability (list time in available blocks; i.e. 1-4 pm or 10 am-2 pm)

Monday _____ Tuesday _____ Wednesday _____ Thursday _____

Friday _____ Saturday _____ Sunday _____

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

- Heart surgery, cardiovascular disease, or heart conditions
- Rapid heart beats or palpitations
- Chest discomfort
- Ankle swelling
- Shortness of breath
- Renal disease
- Type I or II Diabetes
- Peripheral artery disease or claudication (limping due to interference with the blood supply to the legs)
- Dizziness, fainting
- Orthopedic problems (arthritis, osteoarthritis, hernia, bulging disc, etc.) If yes, what? _____
- Recent illness, hospitalization, or surgical procedure. If yes, what? _____
- Taking medication. If yes, what? _____
- Pulmonary disease (asthma, emphysema, etc.)
- High blood pressure
- Stroke, heart attack
- Emotional disorder
- History of seizures
- Pacemaker
- Elevated cholesterol, triglycerides

Lifestyle

- Are you taking supplements (multivitamin, herbal, weight loss/gain, etc.) If yes, what? _____
- Drug allergies. 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 use tobacco products? If yes, how much? _____

Please initial to indicate that you've read and understood our policies.

_____ I understand that (1) personal training sessions expire one year from the date of purchase; (2) personal training sessions are non-refundable and non-transferable; and (3) if my health changes, I will notify my trainer and will complete a new health history form.

I have read and understand the policies and procedures for participating in training sessions. 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

Personal Trainer Informed Consent

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 Personal Training, 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.

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: _____