



Fitness & Health Promotion

FALL SEMESTER
September to December
2014

Two Weekly
Personal Training Sessions

\$75.00
(fee for the entire semester)

See reverse or next page
for registration form.

Register for a **Student Personal Trainer!**



The program includes:

- A health screening and goal setting session
- An initial and final fitness assessment
- Development of a workout program specifically for you
- **Two** weekly training session(s) for an hour each

Note: it is crucial for the student learning experience that you can commit to your weekly training session(s)

This activity is a component of the educational preparation for students enrolled in the Fitness & Health Promotion program.

**WE ARE
HUMBER**

Student Personal Training Program Registration Form



Fall Semester: September to December 2014

Registration forms must be returned to: Barbara Annecciarico

Email: Barbara.Annecciarico@humber.ca

Drop Off: C105

All participants must complete the following:

Full Name:

Phone #:

Email:

Students: Please list your student number.

Faculty/Staff: Please list which department/school you work in.

Students:

Are you a Varsity Athlete? Yes No If Yes, which sport?

Students/Faculty/Staff:

What is your current level of physical activity per week? 0 days 1-2 days 3-5 days 6-7 days

All participants must read the following statements and initial to confirm their understanding.

	I understand there is a \$75 fee for this program. A payment form will be provided to you when your registration is confirmed. Fee is payable at Customer Service, D133.
	I understand the fee of \$75 is non-refundable if I do not maintain my commitment to the program. The fee is only refundable if you are either not assigned a student trainer or your student trainer withdraws from this course.
	I understand that it is crucial for the student learning experience that I commit to my training session(s) each week.
	I understand that if I participate in this program, my personal information may be discussed within the confines of the classroom. All student personal trainers will abide by a confidentiality agreement.
	I understand my student personal trainer will contact me at the phone # or email provided above. Contact is by the 3rd or 4th week of the semester.

Training takes place on Wednesday and Friday. Please select 3 time slots for each day and rank each time slot as your 1st, 2nd, or 3rd choice.

	Wednesday	Friday
7 am		
8 am		
9 am		
10 am		
11 am		
12 noon		
1 pm		
2 pm		
3 pm		
4 pm		
5 pm		

Clients and their assigned trainers can make arrangements to meet outside of the designated time slots at their own discretion.

All participants must read and initial the following: Physical Activity Readiness Questionnaire (PAR-Q)

Being more active is safe for most people, however, certain people should check with their doctor before becoming more physically active. If you are planning to become much more physically active than you are now, start by answering the questions below. If you are between the ages of 15 & 69, the PAR-Q will determine if you should check with your doctor before you begin. If you are over 69 years of age, and you are not accustomed to being active, check with your doctor. Common sense is your best guide when you answer the questions. **Please read the questions carefully & answer honestly.**

Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?	yes	no
Do you feel pain in your chest when you do physical activity?	yes	no
In the past month, have you had chest pain when you were not doing physical activity?	yes	no
Do you lose your balance because of dizziness or do you ever lose consciousness?	yes	no
Do you have a bone or joint problem (i.e. back, knee or hip) that could be made worse by a change in your physical activity?	yes	no
Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?	yes	no
Do you know of any other reason why you should not do physical activity?	yes	no

If you answered YES to one or more questions, please speak with your doctor by phone or in person BEFORE you start becoming more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and to which questions you answered YES.

- You may be able to do any activity you want, as long as you start slowly and build up gradually; you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- Start becoming much more physically active, begin slowly and build up gradually. This is the safest and easiest way to go.
- Take part in a fitness appraisal, this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

PLEASE NOTE: If your health changes so that your answer to any of the above questions changes to YES, tell your fitness or health professional. Ask whether you should change your physical activity plan.

DELAY BECOMING MUCH MORE ACTIVE: If you are not feeling well because of a temporary illness such as a cold or a fever, wait until you feel better. If you are or may be pregnant, talk to your doctor before you start becoming more active.