FITNESS ASSESSMENT

WHAT TO EXPECT:

Thank you for scheduling a fitness assessment with us! We are happy to evaluate your fitness level and get you started on the right track. Below you will find some additional information concerning you fitness assessment you may find useful.

PURPOSE:

Several reasons to measure each component of physical fitness are to:

1. Educate yourself about you current health-related physical fitness
2. Use data from the assessments to individualize exercise programs for you
3. Provide baseline and follow-up data to evaluate exercise programs
4. Motivate you towards more specific action/exercise
5. Help with any potential risk stratification

Each client and situation is different, so, the reason for performing a health related physical fitness assessment for each client may vary.

WHAT YOU SHOULD DO PRIOR TO THE TEST:

1. Please wear comfortable shoes, and comfortable, flexible clothing.
2. Please do not eat or drink at least two (2) hours prior to the test.
3. Please do not drink caffeine at least four (4) hours prior to the test.
4. Please do not drink alcohol at least twelve (12) hours prior to the test.
5. Please do not smoke two (2) hours prior to the test.
6. Please DO take all regular medications prescribed.

The test will take approximately 45 minutes and will take place in the fitness assessment room (B40G). Also, please remember to purchase your fitness assessment (if applicable) at the RPAC Welcome Center before meeting your trainer/technician. You will meet your trainer/technician at the RPAC Fitness Desk and give them your receipt to verify payment.

Feel free to let us know if you have any further questions by contacting your trainer/technician, or contact the Personal Training Coordinator at ptraining@osu.edu.

THANK YOU!