

## **INFORMED CONSENT FOR YOUR FITNESS ASSESSMENT**

In order to assess cardiovascular function, body composition, and other physical fitness components, the undersigned hereby voluntarily consents to engage in one or more of the following test (check the appropriate boxes):

- Graded exercise stress test
- Body composition tests
- Muscle fitness tests
- Flexibility tests
- Balance tests

### **Explanation of the tests**

The graded exercise test is performed on a cycle ergometer or motor-driven treadmill.

The workload is increased every few minutes until exhaustion or until other symptoms dictate that we terminate the test. You may stop the test at any time because of fatigue or discomfort.

The underwater weighing procedure involves being completely submerged in a tank or tubs after fully exhaling the air from your lungs. You will be submerged for 3 to 5 seconds while we measure your underwater weight. The test provides an accurate assessment of your body composition.

For muscle fitness testing, you lift weights for a number of repetitions using barbells or exercises machines. These tests assess the strength endurance of the major muscle groups in the body. For evaluation of flexibility, you perform a number of tests. During these test, we measure the range of motion in your joints. For balance test, we will be

measuring the amount of time you can maintain certain stances or the distance you are able to reach without losing balance.

## **Risk and discomforts**

During the graded exercise test, certain changes may occur. These changes included abnormal blood pressure responses, fainting, irregularities in heartbeat, and heart attack. Every effort is made to minimize these occurrences. Emergency equipment and trained personnel are available to deal with these situations if they occur.

You may experience some discomfort during the underwater weighing, especially after you expire all the air from your lungs. However, this discomfort is momentary, lasting only 3 to 5 seconds. If this test causes you too much discomfort, an alternative procedure (e.g., skinfold or bioelectrical impedance test) can be used to estimate your body composition.

There is a slight possibility of pulling a muscle or spraining a ligament during the muscle fitness and flexibility testing. In addition, you may experience muscle soreness 24 or 48 hours after testing. These risks can be minimized by performing warm-up exercises prior to taking the test. If muscle soreness occurs, appropriate stretching exercises to relieve this will be demonstrated.

## **Expected benefits from testing**

These tests allow us to assess your physical working capacity and to appraise your physical fitness status. The results are used to prescribe a safe, sound exercise

program for you. Records are kept strictly confidential unless you consent to release this information.

## **Inquires**

Questions about the procedures used in the physical fitness tests are encouraged. If you have any questions or need additional information, please ask us to explain further.

## **Freedom of Consent**

Your permission to perform these physical fitness tests is strictly voluntary. You are free to stop the test at any point, if you so desire.

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I have read this form carefully and I fully understand the test procedures that I will perform and the risks and discomforts. Knowing these risks and having had the opportunity to ask questions that have been answered to my satisfaction. I consent to participate in these tests.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of patient

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of witness

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of supervisor