

Eligibility for Appointments

The Student Fitness Assessment Center is available to students through two avenues. First, those enrolled in select Kinesiology courses will be eligible for one or two (depending on the course) fitness assessments during the semester in which they are enrolled in the course.

Secondly, those who purchase the fitness assessment package in addition to their standard full-year gym membership through Penn State Fitness will be entitled to three assessments during the academic year in which the assessment package is purchased; all three evaluations take place between the first day of class in the fall semester and the last day of class in the spring semester. *Please note that the number of assessment packages made available each year is limited and can ONLY be purchased as a supplement to the full-year gym membership.*