

Student Fitness Assessment Center Guidelines

Currently, appointments are only scheduled for students enrolled in eligible Kinesiology classes and those who purchased the additional assessment package with their full-year gym membership. Others are welcome to stop by the Center at any time for information.

Before your test, please adhere to the following guidelines to ensure your safety and the accuracy of your results:

- Do not eat a heavy meal within 2 hours prior to the test - but do eat something the day of the test.
- Be well hydrated -- feel free to bring water and a towel.
- Dress for exercise, including T-shirt and gym shoes. No one will be tested wearing jeans or other non-athletic attire.
- Do not exercise prior to the test.
- Be sure to inform the staff if you have any medical or physical condition which may interfere with your ability to exercise (such as asthma, high blood pressure, diabetes, or muscle/joint injury).
- Avoid using alcohol and tobacco products, particularly within 24 hours of your evaluation.
- Be 5-10 minutes early, so you can complete the paperwork before your scheduled appointment time.
- If you cannot keep your appointment, you must call to cancel and reschedule.