

Student Fitness Assessment Center Appointments

You must schedule an appointment to have an assessment completed. To schedule an appointment for a fitness test, stop by the Center (131 White Building) or call 814-865-2720 during normal business hours. You should call to schedule an appointment several days to a week prior to the date you would like to come in, noting the busiest times are at the beginning and end of each semester.

Currently, appointments are only scheduled for students enrolled in KINES 061, KINES 065, KINES 067, KINES 070, KINES 072, KINES 084, KINES 093 (cycling), and KINES 201. In addition, a limited number of assessment packages are made available each fall that can be purchased with a full-year gym membership. You must have purchased the assessment package or be currently enrolled in an eligible KPAP course to undergo testing in the SFAC.

Physical assessments are scheduled in 30 minute blocks, but you should allow 45 minutes of your time to complete your appointment. Please arrive 5-10 minutes early to allow for time to answer questions you may have and to complete necessary paperwork.

It is your responsibility to keep your appointment, so you must call if you need to cancel or change the appointment time. If you arrive 10 or more minutes late, you will need to reschedule so as not to affect the other appointments scheduled. If you chose to not show-up without canceling, you will not be guaranteed a new appointment time.

The Center is open during normal University operating days during the fifteen weeks classes are in session during the fall and spring semesters as follows:

- Monday through Thursday: 9:00 a.m. to 6:00 p.m.
- Friday: 9:00 a.m. to 3:30 p.m.

The Center is closed on weekends and holidays.

Operating hours are subject to change.

*Please keep in mind that when you call the lab the assistants may be completing assessments and may not be able to answer the phone immediately. Please leave a clear message stating your name, phone number, and reason for calling.