

Dear Prospective Faculty & Staff Fitness Program Member:

We are pleased that you are interested in the Faculty & Staff Fitness Program. The program is designed to help you safely begin a regular exercise program and stick with it. FSFP is supported by the University and is delivered to you by the Exercise Physiology Department. Faculty, staff and graduate assistants from this area administer the program and serve as exercise leaders for the various sessions.

To become a member:

1. Complete and return all forms to:
Rebecca Nguyen (nguyen.780)
PAES Building, Room A52
305 W. 17th Ave
Columbus, OH 43210
Fax: 688.3432 Ph: 292.2255
2. Rebecca will email you to schedule a fitness evaluation which includes an exercise stress test, flexibility and strength measures, and body composition. The results of this evaluation serve as the basis for your exercise recommendations. You are eligible for an evaluation every year.
3. Please print and read the pre-test instructions which are available on the website:
<http://ehe.osu.edu/paes/fsfp>
4. The evaluation results and exercise recommendations will be explained by your session leader during your exercise appointment.

All sessions are offered on campus. Times listed are those expected, however scheduling requirements or facility availability occasionally require time changes. All sessions are offered during Summer Quarter except swimming and water aerobics.

Two payment plans are available for those wishing to be regular members.

Regular Membership

If paying yearly:

Initial fitness evaluation one full year of participation: \$120.00

If paying quarterly:

Initial fitness evaluation and 1 quarter of participation: \$60.00

Each subsequent quarter of participation: \$40.00

Bring payment (by cash or check made payable to OSU) on the day of your scheduled fitness evaluation. Spouses of faculty and staff are also eligible for the same benefits in this program. If you have any further questions, please feel free to email or call Rebecca. We look forward to your participation in the program in the near future.

Thanks and happy exercising!



<http://ehe.osu.edu/paes/fsfp>

PRIVACY POLICY

THE FACULTY STAFF FITNESS PROGRAM (FSFP) recognizes the importance of protecting the privacy of information provided by our members. When applying for membership, individuals must provide and periodically update contact information, medical history, informed consent, and physician's consent. Because we adhere to guidelines set by the American College of Sports Medicine (ACSM), all components of the application are necessary prior to joining FSFP. The services we provide include comprehensive fitness testing, exercise prescription, and ongoing exercise counseling. These things cannot be done safely and effectively without first obtaining a health history and medical clearance. The information members provide is only used within FSFP and is never shared with other medical or insurance organizations. It is kept strictly confidential and is vital to providing our members with the most pertinent health and exercise advice available.



<http://ehe.osu.edu/paes/fsfp>

The Ohio State University
Faculty/Staff Fitness Program Questionnaire

1. GENERAL INFORMATION

Please fill ALL blanks.

Name _____ Date _____ Age _____ Sex _____

DOB _____ Employee ID # _____

Height _____ Weight _____ Email _____

Campus Address _____ Occupation: _____

Home Phone _____ Business Phone _____

In case of emergency, contact:

Name _____ Phone _____ Relationship _____

2. MEDICAL-SURGICAL HISTORY

Check (x) if answer is yes.

Have you ever had (if so, indicate date):

- | | |
|---|--|
| <input type="checkbox"/> Rheumatic heart disease | <input type="checkbox"/> Accidents |
| <input type="checkbox"/> Heart Murmur | <input type="checkbox"/> Chest pains |
| <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Tightness in chest particularly during exercise |
| <input type="checkbox"/> High Cholesterol | <input type="checkbox"/> Shortness of breath |
| <input type="checkbox"/> Gout | <input type="checkbox"/> Chest pain |
| <input type="checkbox"/> Varicose Veins | <input type="checkbox"/> Heart palpitations |
| <input type="checkbox"/> Lung Disease | <input type="checkbox"/> A stress test or graded exercise test |
| <input type="checkbox"/> Injuries to back, etc. | <input type="checkbox"/> Excessive cough |
| <input type="checkbox"/> Epilepsy | <input type="checkbox"/> Back pain |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Swollen, stiff or painful joints |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Difficulty sleeping |
| <input type="checkbox"/> Heart Attack/Heart Surgery | <input type="checkbox"/> Fatigue |
| <input type="checkbox"/> Other Operations | <input type="checkbox"/> Calf pain or cramps with exercise |
| <input type="checkbox"/> Kidney Disease | <input type="checkbox"/> Nervousness |
| <input type="checkbox"/> Stomach Ulcers | <input type="checkbox"/> Other problems |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Are you under the care of a specialist? |
| <input type="checkbox"/> Hospitalizations | * Important info: please list cholesterol, |
| <input type="checkbox"/> Cardiac Catheterization | triglycerides, and blood glucose below |

Please explain any positive answers:



MEDICATIONS: Please list those you are presently taking.

DRUG

DOSE

REASON FOR TAKING

3. ADDITIONAL RISK FACTOR EVALUATION ITEMS:

Please list any first degree male or female relatives that have had a heart attack/stroke and the age at which it occurred. _____

Do you smoke or have you quit in the last 6 months? Y () N ()

If you smoke, how much per day? _____

Please circle what best describes you on a daily basis:

- a) rarely tense or anxious
- b) calmer than average – feel tense about 3x/wk
- c) about average – feel tense 2-3x/day
- d) quite tense – usually rushed
- e) extremely tense – take a tranquilizer

4. PRESENT REGULAR EXERCISE:

Type of exercise: _____ Type of exercise: _____ Type of exercise: _____

Minutes/session: _____ Minutes/session: _____ Minutes/session: _____

Days/week: _____ Days/week: _____ Days/week: _____

5. GOALS FOR EXERCISE: Indicate what you would like to accomplish through your exercise training program. This will assist us in evaluating your present program.

(Revised 9/09)

Present this letter to your physician with the attached clearance form.

Dear Dr. _____,

Your patient, _____, has applied for admittance to the Faculty/Staff Fitness Program, conducted by the School of Physical Activity and Educational Services at The Ohio State University.

This program involves a symptom limited graded exercise test for the evaluation of each participant's initial fitness level. This test, performed on a treadmill, is administered by staff and graduate students in exercise physiology. Also included is measurement of upper and lower body strength, flexibility, and body composition. The participant's exercise prescription, based on these results, may include any combination of the following: Walking, jogging, swimming or strength training of specific muscle groups. Participants are encouraged to attend the supervised exercise sessions.

By completing the enclosed form, we acknowledge that you are not assuming any responsibility for our administration of this program. However, if you know of any medical or other reasons why participation in this fitness program would not be in the best interest of this individual, we would appreciate your indication on the enclosed Report of the Personal Physician form. Thank you for your help.

Sincerely,

Rebecca Nguyen
Program Manager

Enclosure

The Ohio State University
Faculty/Staff Fitness Program Physician's Consent

REPORT OF PERSONAL PHYSICIAN

Patient Name: _____

Please check the most appropriate one:

____1. I know of no reason why he/she may not participate.

____2. I believe he/she could participate, but urge caution because of:

____3. I recommend he/she not participate due to:

Physician's Signature _____

Physician's Name (Print) _____

Physician's Address _____

Sign below ONLY if you wish to have your ECGs faxed to your doctor.

I hereby authorize the release of my medical records to the physician named above.

Patient Signature: _____ Date: _____

(Revised 9/09)

THE OHIO STATE UNIVERSITY
Faculty/Staff Fitness Program

In order to determine my personal fitness, I the undersigned, voluntarily request the right to participate in the Faculty/Staff Fitness Program being offered by the School of Physical Activity and Educational Services of The Ohio State University, commencing _____ (month), 20_____(year).

As part of said program, I understand and agree to the following:

1. An evaluation will be conducted to determine my cardiorespiratory fitness, strength, flexibility and body composition. Complications during exercise tests have been few. If the individual exercising is not tolerating it well, this usually becomes apparent and the exercise is stopped. Mild light-headedness and even fainting may occur. However, they are uncommon and disappear quickly after lying down. Other risks of injury while using equipment involved in testing are possible, but rare.
2. The most demanding test will be the cardiorespiratory evaluation, which typically consists of walking or running on a treadmill to examine my heart rate response to graded exercise.
3. The results of said tests are not to be construed as diagnostic in any sense, but rather are to be used only to establish an exercise program with certain guidelines. This program will be designed to improve my physical fitness.
4. The results of such evaluation do not constitute a clearance of any kind but are only to be considered in connection with said program.
5. My private physician and/or consultant physicians involved in the program are hereby authorized to discuss with those responsible for the exercise program any aspect of my medical history and/or examination which may be appropriate or necessary for my evaluation for or participation in the Faculty/Staff Fitness Program.
6. I will need to request written authorization from my personal physician before being allowed to participate in this program.
7. The Faculty/Staff Fitness Program is not a substitute in any way for a physical examination by my physician, and I agree to consult my physician for such examination and for such medical care as I require.
8. This program, and any tests and exercises which are a part of it are all offered on a voluntary basis. I am not obligated to participate and may withdraw at any time.
9. It is possible for injury to occur through this program, and I agree to fully assume that risk.
10. I have carefully read and understand the above information. The program, tests and exercises have also been explained to me, and any questions have been answered to my satisfaction. I wish to participate in the Faculty/Staff Fitness Program.

Name of Family Physician _____

Address of Physician _____

Physician's Phone Number _____ Fax Number _____ (please include if you want ECGs faxed to your doctor)

Signature: _____ Date: _____

(Revised 9/09)



RELEASE OF ALL CLAIMS

Faculty/Staff Fitness Program

The Ohio State University (the "University") in support of the educational activities within its School of Physical Activity and Educational Services (the "School") is offering a Faculty/Staff Fitness Program, commencing

_____ (month), 20_____ (year).

Although I realize that it is possible for injury to occur through this testing and/or exercise program, I agree to the following:

In consideration of being granted the opportunity to participate in the "Faculty/Staff Fitness Program", and to use equipment and receive the help, assistance and advisory services rendered by members of the staff and employees of the University during this program, I release and forever discharge for myself and my heirs, executors, administrators and assigns, The Ohio State University and its officers, agents and employees who arrange, provide, advise or supervise the above program, and/or any testing and exercise activities there under or any other function associated with participation in this program, from all claims, demands, actions, and causes of action for personal injury or any other damages now existing or which may hereafter arise out of or be in any way related to their conduct associated with the activities of the School.

Signature: _____ Date: _____

(Revised 9/09)



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