

## **Pre-participation Instructions: *fitness***

**Basic Fitness Assessment:** Heart rate, blood pressure, Body Mass Index, body fat distribution (waist-to-hip ratio), body composition (7-site skinfold), cardiorespiratory endurance (YMCA submaximal  $\text{VO}_2$ ), muscular strength (1-RM bench press and leg press), muscular endurance (push-ups, curl-ups), flexibility (sit & reach).

**The Endurance Athlete:** Heart rate, blood pressure, Body Mass Index, body fat distribution (waist-to-hip ratio), body composition (7-site skinfold), Aerobic Power ( $\text{VO}_{2\text{max}}$ ), muscular endurance (curl-ups, 8-RM leg press, YMCA bench press), flexibility (sit & reach).

**The Power Athlete:** Heart rate, blood pressure, Body Mass Index, body fat distribution (waist-to-hip ratio), body composition (7-site skinfold), Anaerobic Power (Wingate Test), muscular strength (grip strength, 1-RM bench press and leg press), core endurance (curl-ups), flexibility (sit & reach), and vertical jump.

**These instructions are intended for individuals participating in one of the above fitness packages.**

- 1. Participants should refrain from ingesting food, alcohol, or caffeine or using tobacco products within 3 hours of testing. \*Obtain specific feeding requirements from your lab technician if also participating in the Omegawave or resting metabolism (RMR) tests.**
- 2. Drink ample fluids over the 24-hour period preceding the test to ensure normal hydration before testing.**
- 3. Participants should be well rested for the assessment, avoiding significant physical exertion on the day of the assessment and, possibly, the day before the assessment. Get adequate sleep the night before.**
- 4. Clothing should permit freedom of movement and include comfortable exercise shoes for biking, stepping, walking, running, and/or jumping. We recommend that participants wear shorts and either a t-shirt or tank top layered underneath warmer clothes. Females are encouraged to wear sports bras.**
- 5. Bring a list of your medications (if any), including dosage and frequency of administration, to the assessment if this information has not yet been recorded on the Health History Questionnaire.**
- 6. The evaluation may be fatiguing, and you may wish to have someone accompany you to the assessment to drive home afterward.**
- 7. It is important for you to realize that your participation in our services is entirely voluntary. You may stop any test when you wish.**

- 8. You are responsible for fully disclosing your medical history as well as symptoms that may occur during the test. Information you possess about your health status may affect the safety of your exercise test. Your prompt reporting of these and any other unusual feelings with effort during the exercise test itself is very important.**
- 9. Any questions about the fitness test procedures are encouraged.**

**Thank you!**

LANE COMMUNITY COLLEGE, EXERCISE SCIENCE TESTING LAB