

Informed Consent Conquest Martial arts

Fitness assessment

The purpose of the fitness assessment is to provide individualised exercise programmes, offering greater safety and benefit to you. The tests are sub-maximal but you will exercise at a moderately high level for a short period of time and may become hot and breathe more quickly than normal. In participating in these activities you may be at risk of injury and even the possibility of death.

A range of appropriate tests will be selected and may include

- A cardiovascular fitness assessment
- Strength, power and endurance assessment
- Flexibility and mobility assessment
- Body composition analysis

All tests will be explained to you prior to commencement. You will have the opportunity to ask any questions about the test and are free to withdraw at any time. All information will be kept confidential. All of the tests are performed in such a way as to minimise any risk of injury. Please inform the instructor of any reason why you should not participate in exercise, such as illness or any injury which could be aggravated by exercise. If at any time you feel undue pain or discomfort, stop the test and inform the instructor of your symptoms.

Exercise programme

Following the tests, an individualised exercise programme will be designed for you.

This will involve activities to progressively challenge your cardiorespiratory and musculoskeletal systems (heart, lungs, muscles and joints). You may feel tired during and following the exercise sessions, and occasionally experience some soreness, but this is not unusual and you will be monitored closely. Please consult your trainer if you have any concerns.

Declaration

I hereby state that I have read, understood and answered honestly the questions on the PAR-Q, and that the fitness tests and assessments have been explained to me.

I am willing to participate in physical activities that may include aerobic exercise, resistance exercise and flexibility exercises. I realise that in participating in these activities I may be at risk of injury and even the possibility of death.

I hereby confirm that I am participating voluntarily and understand that I can withdraw at any time.

Client's name		Date	
Client's signature			
Trainer's name		Date	
Trainer's signature			
<i>Additional note: I confirm that I have taken medical advice and my doctor has agreed that I should exercise</i>			
Name			
Signature		Date	