



OKLAHOMA STATE UNIVERSITY – TULSA
Wellness Center Enrollment Form

First Name: _____ Last Name: _____

Birth date: _____ M/F: _____ Date: _____

Semester Enrolled: _____ CWID: _____

ID 16-Digit Number _____

Email address: _____

Address: _____

City: _____ State: _____ Zip: _____

Home phone: _____ Cell phone: _____

Emergency contact: _____ Phone: _____

Would you like to have a fitness assessment? _____

Would you like to participate in an equipment orientation session? _____

Wellness Center Informed Consent Form

Potential Benefits: The potential benefits of regular exercise are well documented and can be summarized to include the following: helps control weight, helps you relax, improves physical work capacity, reduces the risk of heart disease, helps you feel better, and helps you live longer.

Potential Risks: The potential risks associated with exercise include exhaustion, fatigue, fainting, discomfort, pain, high blood pressure, high heart rate, high respiration rates, and on rare occasions, heart attack, stroke, or death. The occurrence/nonoccurrence of these events depends largely on the exerciser's ability to recognize his/her own signs/symptoms and take the appropriate action; for example reducing intensity of exercise or resting.

Accessibility: If you have any special needs, please contact the Wellness Center at 918-594-8126 or Student Services at 918-594-8355.

Consent by Subject or Legal Guardian: I have read the foregoing, I understand it, and any questions, which may have occurred to me, have been answered to my satisfaction. I am in good health and do not have any medical condition that could be aggravated by participating at the Wellness Center, nor would a physician advise me not to participate in activities at the Wellness Center.

The Wellness Center staff has a responsibility to maintain certain decorum in the Wellness Center. As a client of the Wellness Center, you will be expected to not use vulgar language, to only use the equipment in its intended manner or manner recommended by the staff, and to allow your fellow exercisers their opportunity to use the equipment. The Wellness Center also reserves the right to demand that any client cease certain behaviors and/or leave the premises.

I acknowledge that I have read the complete consent form, and fully understand the benefits, and risks associated with using the wellness center (yes/no): _____

Physical Activity Readiness Questionnaire (PAR-Q) and You

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming more physically active.

If you are planning to become more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly:

Yes	No	
___	___	Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?
___	___	Do you feel pain in your chest when you do physical activity?
___	___	In the past month, have you had chest pain when you were not doing physical activity?
___	___	Do you lose your balance because of dizziness or do you ever lose consciousness?
___	___	Do you have a bone or joint problem that could be made worse by a change in your physical activity?
___	___	Is your doctor currently prescribing drugs (for example, water pills) for you blood pressure or heart condition?
___	___	Do you know of <u>any other reason</u> you should not do physical activity?

If you answered:	YES to one or more questions
	<p>Talk to your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.</p> <ul style="list-style-type: none"> You may be able to do any activity you want – as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice. Find out which community programs are safe and helpful for you.
NO to all questions	Delay becoming much more active:
<p>If you answered NO honestly to <u>all</u> PAR-Q questions, you can be reasonably sure that you can:</p> <ul style="list-style-type: none"> Start becoming much more physically active – begin slowly and build up gradually. This is the safest and easiest way to go. Take part in a fitness appraisal – this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. 	<ul style="list-style-type: none"> If you are not feeling well because of a temporary illness such as a cold or a fever – wait until you feel better; or If you are or may be pregnant – talk to your doctor before you start becoming more active.
	<p>Please note: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.</p>