



Appointment Date: _____

Appointment Time: _____

Fitness Assessments - Frequently Asked Questions

1) Where do I go for the fitness assessment?

Your assessment will be done in the HPER building, Human Performance Lab, Room 152. When you enter the building (south entrance), go straight in and down the stairs, then turn right and go down the hall. We will be on the right hand side. The assessments are performed by graduate students, and coordinated by Dayna Barrett. She may be contacted at 797-8519 or at dayna.barrett@usu.edu to set up an appointment.



2) What do I wear for my fitness assessment?

You should wear comfortable clothing. We prefer that you wear shorts, a t-shirt and comfortable running/walking/tennis shoes. (Light-weight warm-up pants are also acceptable.)

3) How long does the assessment take?

The assessment should take approximately 20 minutes.

4) Will I be required to do underwater weighing?

You may choose to do underwater weighing if you would like. It is not required. Please let us know if you would like this service and it will be scheduled for you on the last Thursday of every month. We prefer that you wear a swimsuit. If you are uncomfortable with this you may wear tight fitting shorts and a tight fitting tank top. Air bubbles collect in loose fitting clothing and decreases the accuracy of the test.

5) Should I do the fitness assessment?

Yes, we recommend it. The assessment is offered to employees and their spouse/partner at NO-CHARGE. An assessment allows you to measure your level of fitness compared to national norms. It allows you to set specific fitness goals and to monitor improvements made over time as you begin your new exercise program, or continue an existing one. An assessment can be used as a motivational tool. It can help you to lead a healthy and active life.

6) May I bring a coworker or my spouse/partner to do the assessment with me?

We will be taking appointments at 30 minute intervals throughout the day. If you would like to bring a coworker, please let us know in advance.

7) In what order are the tests arranged?

When you enter the Human Performance Lab, we will place a heart rate monitor on you and ask you to read over a PAR-Q (Physical Activity Readiness Questionnaire), and sign an informed consent form. After being seated for 5 minutes, your resting heart rate and resting blood pressure will be taken. Your grip strength will be assessed. You will then be weighed and your height measured. Body fat measurements will be taken, using either *Bioelectrical Impedance Analysis* and/or a *Skinfold Caliper Test*. Your Waist to Hip ratio will be determined. (Hydrostatic weighing can be performed at a later date upon request). We will assess your cardio respiratory fitness by using a single stage walking test on the treadmill. Once your muscles are warm, we will assess your flexibility using a modified sit-and-reach test. Lastly, we will assess your muscular endurance using a sit-up and/or push-up test (depending on your preference).

8) When will we get our results?

We will email your results to you. You can then compare your results to the **national goals**, available on the wellness website: www.usu.edu/wellness. If you would like to discuss your results in more detail, please ask us.

9) Will I get an exercise prescription?

Upon request, we can develop an exercise prescription that will be personalized to meet your fitness needs and goals. The exercise prescription will include both cardiovascular and strength training components. Additional information on health and wellness programs is available through our BlueCross website available at: www.myregence.com. As a bonus, employees can document their progress, and earn points towards cash prizes on this website. Simply log on using the information on your insurance card. For additional help use the online help service or call: 1-888-427-0470.



10) What about personal training opportunities?

Matt Kohler, an exercise science student, can provide you with personal training once your fitness assessment has been completed. He can be reached at 435-225-4338 or by email: matt.kohler@usu.edu.

11) What other wellness opportunities are there?

We offer nutrition counseling with a Registered Dietitian. To schedule an appointment, contact: caroline.shugart@usu.edu or call her at 435-797-0735. She can help you with your nutrition challenges to find successful strategies on your wellness journey.



12) How often should I do an assessment?

We offer fitness assessments year round. If you would like to monitor your progress over time, we recommend an assessment every 6-12 months.