

**Community Fitness Testing Program  
Informed Consent  
Cornerstone University**

**Explanation of Test**

You will perform one or more of the following assessments offered through the Kinesiology program in the School of Health, Science, and Technology. These include: an aerobic capacity exercise test (i.e., VO<sub>2</sub> max test while breathing into a facemask), an anaerobic capacity exercise test (i.e., Wingate Anerobic Test while sprinting on a cycle ergometer), and/or a body composition test (i.e., body fat percentage test using the Bod Pod). Before and during each of these assessments, care will be taken to provide you with a detailed explanation concerning the assessment so that you feel comfortable with the procedures and feel confident in the results. The normal duration of these assessments will vary greatly (range from 30 minutes to two hours) and will be discussed with a member of the laboratory staff prior to beginning.

**Risks and Discomforts**

Vigorous exercise carries a very remote chance of heart attack and possible death ( $\leq 4/10,000$  exercise tests in studies that include diseased populations). Rarely, exercise may result in abnormal heart rhythms. Orthopedic injury is also remotely possible. Every effort will be made to minimize these risks during testing. Using common procedures and techniques, including first aid, cardiopulmonary resuscitation (CPR), and automated external defibrillator (AED) training, trained personnel will minimize these risks. By signing below, you agree and affirm that you understand and assume these risks.

**Responsibilities of Participant**

Information that you possess about your health status or previous experiences of unusual feelings with physical effort may affect the safety and value of your assessments. It is important that you disclose any such information to the lab staff prior to testing. Additionally, it is your responsibility to report any symptoms, pain, or discomfort that may occur during testing. By signing below, you agree and affirm that you have provided all such relevant health information to lab staff, and you hereby accept and assume all responsibility for harm, risks, damage, and/or death that may result from information that you failed to disclose.

**Benefits to be Expected**

As a participant, you may learn your fitness and performance level. You may also learn of general health information. This may aid in designing future exercise programs and/or determining your current fitness and/or health classification.

**Inquires**

Any questions about the procedures used in the assessments or the results of your assessments are encouraged. If you have any concerns or questions, please ask for further explanations.

**Freedom of Consent**

Your permission to perform these assessments is voluntary. You are free to terminate your involvement at any time if you desire. By signing this form, you are agreeing to participate in one or more of the assessments described above.

## **Release and Hold Harmless**

In consideration of the right to participate in these assessments, you agree to assume the risks involved and release and agree to hold harmless the Cornerstone University, its Board of Regents, officers, employees, agents, representatives, volunteers and assigns ("Releasees") from all rights, claims, demands and damages of any kind, known or unknown, existing or arising in the future resulting from or related to your participation in these assessments. This release will also prevent your family from suing Releasees and binds your spouse, if you have one, your estate, siblings, parents, heirs, personal representatives and assigns. You have read this document and voluntarily sign same, without reliance on any representations, statements or inducements, express or implied, made by any party whomsoever.

## **Findings of Testing**

Results from exercise testing provides coaches, athletes, and general exercisers with valuable data that can be used to enhance individual and/or group training programs. The Human Performance Lab does not attempt to diagnose any health condition but rather aims to provide valuable information to community members interested in general fitness and health information. It is recommended to follow up with a physician to discuss any findings. Cornerstone University makes no representation or warranty as to the accuracy of the test results and disclaims liability for any reliance on such results, which is knowledge and agreed upon by you.

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Printed Name of Participant

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Signature of Participant

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Date

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Printed Name of Technician

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Signature of Technician

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Date