

What is Athletic Performance Training?

Athletic performance training is a program designed to make an athlete ELITE among the competition. Every athlete will be evaluated and prescribed a comprehensive training program based on his or her goals. Athletes will be able to see measurable results with their training. Programs include exercises and drills to develop strength and conditioning, power, speed and agility, mobility, and flexibility while using injury prevention techniques.

Why should I hire an Athletic Performance Trainer?

- Individualized Programming: Trainers will develop a sport specific comprehensive program to help each athlete reach their individual performance goals.
- Testing and Assessments: Each athlete will be given sport specific testing which yields measurable results. The athlete will also be given mobility and movement assessments to perfect their performance.
- Expertise: The athletic performance staff at our facility is nationally certified. They have countless hours of training and sports playing experience on all levels.

What is included in a session?

The first meeting is devoted to assessing fitness level, body measurements, exercise and health history, and setting your goals. Please note that the documents required, provided by your trainer, are an absolute necessity to ensure that we create the safest and most effective program for you. Every session is an hour long and will begin with a proper dynamic warm-up which will include mobility movements for injury prevention. Based on the results of the assessment and the athlete's goals, the athlete will be given a sport specific program including strength and conditioning, power, and advanced speed and agility exercises and drills. Concluding each session the athlete will be given proper flexibility and recovery techniques to optimize performance.

Packages and Prices

Athletic Performance Training Rates:

Athletic Performance trainers are experienced personal trainers who hold a degree in Exercise/Fitness Science and/ or are certified through a nationally recognized organization.

Packages*

Members

3 (60 min.) sessions- \$120

6 (60 min.) sessions- \$215

12 (60 min.) sessions- \$385

*All Athletic Performance Training packages must be paid in full and include a complimentary consultation (fitness assessment, body composition assessment, and goal setting). All packages expire 1 year from the date of purchase.

Team Performance Training Rates:

Share the experience-and the cost with your team. Minimum of 3 people are required to participate in team performance training. Everyone must sign up as a team at the front desk or online. Each participant must complete the Athletic Performance Training paperwork prior to the session.

1 (60 min.) session*- \$20 per person

*Team Athletic Performance Training Sessions do not include a comprehensive assessment but may be purchased individually for \$45.00.

How Do I Sign Up?

Turn in this packet with the completed forms to the Member Services Desk. You will be contacted within 72 hours by the Group Exercise/Personal Training and Wellness Coordinator or a certified personal trainer to set up your assessment.

Payment Process

All payments must be made in advance for all services or before the first session of a package. Payment must be made by cash, credit, or check at the Member Services Desk.

Refund Policy

All sessions are non-refundable and non-transferable.

Cancellation Policy

- If a client cancels less than 24 hours in advance of a training session or does not show, he/she will be charged for a session and not reimbursed.
- If a client cancels less than 24 hours in advance of a free consultation appointment, or does not show, he/she will forfeit his/her free consultation and will need to pay the consultation fee to make another appointment.
- If a trainer cancels less than 24 hours in advance of a scheduled appointment or fails to show without providing a suitable substitute, the trainer will provide a free session in addition to the make-up session.

For questions and/or additional information, please contact:

Jim Sweeney

Wellness Center Director

E-mail: jswweeney@shepherd.edu

Office: 304-876-5300

General Information and Health History Form

Name: _____

Date: _____

Address: _____

Phone Numbers (please indicate preferred contact number or times to call):

(If under 18, please provide primary caregiver contact information)

Mobile: _____

Home: _____

Work: _____

Other: _____

E-mail: _____

Age: _____ Birthday: _____

Emergency Contact: _____

Telephone: _____

Do you now have, or have you had in the past:

- History of heart problems, chest pain, or stroke* _____
- Increased blood pressure.* _____
- Any chronic illness or condition.* _____
- Difficulty with physical exercise* _____
- Advice from a physician not to exercise* _____
- Recent surgery (past 12 months)* _____
- History of breathing or lung problems* _____
- Muscle, joint, or back problems, or any previous injury still affecting you* _____
- Diabetes or thyroid condition* _____
- Cigarette smoking habit* _____
- More than 20% over ideal weight* _____
- History of heart problems in immediate family* _____
- Hernia, or any condition that may be aggravated by weight lifting* _____

Signature: _____

Parent/Gaurdian (under 18) Name Print & Signature: _____

PAR-Q+

Physical Activity Readiness Questionnaire

General Health Questions

Participating in physical activity is very safe for most people. This questionnaire will tell you whether it is necessary for you to seek further advice from your doctor OR a qualified exercise professional before becoming more physically active.

	Yes	No
1. Has your doctor ever said that you have a heart condition <input type="checkbox"/> OR high blood-pressure <input type="checkbox"/> ?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you feel pain in your chest while at rest, OR during your daily activities OR when you do physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you lose balance because of dizziness or have you lost consciousness in the last 12 months? Please answer NO if your dizziness was associated with over-breathing (i.e. during vigorous exercise).	<input type="checkbox"/>	<input type="checkbox"/>
4. Have you ever been diagnosed with another chronic medical condition (other than heart disease or high blood pressure) List: _____	<input type="checkbox"/>	<input type="checkbox"/>
5. Are you currently taking prescribed medications for a chronic medical condition? Please list: _____	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you currently have (or have had within the past 12 months) a bone, joint, or soft tissue (muscle, ligament or tendon) problem that could be made worse by becoming more physically active? Please answer NO if you had a problem in the past but it does not limit your current ability to be physically active. Please list: _____	<input type="checkbox"/>	<input type="checkbox"/>
7. Has your doctor ever said you should only do medically supervised physical activity?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered NO to all the above questions please skip pages 4, 5, and 6, and sign PARTICIPANT DECLARATION (p.4). **You are cleared for physical activity:**

- Participate in a fitness assessment
- Start becoming more physically active with gradual build up in vigorous activity
- If you are new to exercise, over the age of 45 and/or not accustomed to regular vigorous to maximal effort activity you may consider consulting with a qualified exercise professional before engaging in high intensity exercise.

⊘ If you answered YES to one or more of the questions above, please complete pages complete .

If you are currently experiencing temporary illness, are pregnant or experiencing changes in your health please consult with an exercise professional to determine if a Physician Release is needed before becoming more physically active.

PAR-Q+

Physical Activity Readiness Questionnaire

	Yes	No
Do you have Arthritis, Osteoporosis or Back Problems?	↓	<input type="checkbox"/>
Do you have difficulty controlling your condition with medications or other physicians prescribed therapies? (Answer NO if you are not currently taking medications or other treatments)	<input type="checkbox"/>	<input type="checkbox"/>
Do you have joint problems causing pain, a recent fracture or fracture caused by osteoporosis or cancer, displaced vertebra (e.g. spondylolisthesis) and/or spondylolysis/pars defect (a crack in the bony ring on the back of the spinal column)?	<input type="checkbox"/>	<input type="checkbox"/>
Have you had steroid injections or taken steroid tablets regularly for more than 3 months?	<input type="checkbox"/>	<input type="checkbox"/>
<hr/>		
Do you currently have Cancer of any kind?	↓	<input type="checkbox"/>
Does your cancer diagnosis include any of the following types: lung/bronchogenic, multiple myeloma (cancer of plasma cells), head, and/or neck?	<input type="checkbox"/>	<input type="checkbox"/>
Are you currently receiving cancer therapy (such as chemotherapy or radiotherapy)?	<input type="checkbox"/>	<input type="checkbox"/>
<hr/>		
Do you have a Heart or Cardiovascular Condition? This includes Coronary Artery Disease, Heart Failure, Diagnosed Abnormality of Heart Rhythm	↓	<input type="checkbox"/>
Do you have difficulty controlling your condition with medications or other physicians prescribed therapies? (Answer NO if you are not currently taking medications or other treatments)	<input type="checkbox"/>	<input type="checkbox"/>
Do you have an irregular hearts beat that requires medical management? (e.g., atrial fibrillation, premature ventricular contraction)	<input type="checkbox"/>	<input type="checkbox"/>
Do you have chronic heart failure?	<input type="checkbox"/>	<input type="checkbox"/>
<hr/>		
Do you have High Blood Pressure?	↓	<input type="checkbox"/>
Do you have difficulty controlling your condition with medications or other physicians prescribed therapies? (Answer NO if you are not currently taking medications or other treatments)	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a resting blood pressure equal to or greater than 140/90 mmHg with or without medication? (Answer YES if you do not know your resting blood pressure)	<input type="checkbox"/>	<input type="checkbox"/>

PAR-Q+

Physical Activity Readiness Questionnaire

	Yes	No
Do you have any Metabolic Conditions? <i>This includes Type 1 Diabetes, Type 2 Diabetes, Pre-Diabetes?</i>	↓	<input type="checkbox"/>
Do you often have difficulty controlling your blood sugar levels with foods, medications, or other physician prescribed therapies?	<input type="checkbox"/>	<input type="checkbox"/>
Do you often suffer from signs and symptoms of low blood sugar (hypoglycemia) following exercise and/or during activities of daily living? Signs of hypoglycemia may include shakiness, nervousness, unusual irritability, abnormal sweating, dizziness or lightheadedness, mental confusion, difficulty speaking, weakness, or sleepiness.	<input type="checkbox"/>	<input type="checkbox"/>
Do you have any signs or symptoms of diabetes complications such as heart or vascular disease and/or complications affecting your eyes, kidneys, OR the sensation in your toes and feet?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have other metabolic conditions (such as current pregnancy related diabetes, chronic kidney disease, or liver problems)?	<input type="checkbox"/>	<input type="checkbox"/>
Are you planning to engage in what for you is unusually high (or vigorous) intensity exercise in the near future?	<input type="checkbox"/>	<input type="checkbox"/>
<hr/>		
Do you have any Mental Health Problems or Learning Difficulties? <i>This includes Alzheimer's, Dementia, Depression, Anxiety Disorder, Eating Disorder, Psychotic Disorder, Intellectual Disability, Down Syndrome?</i>	↓	<input type="checkbox"/>
Do you have difficulty controlling your condition with medications or other physicians prescribed therapies? (Answer NO if you are not currently taking medications or other treatments)	<input type="checkbox"/>	<input type="checkbox"/>
Do you have Down Syndrome AND back problems affecting nerves or muscles?	<input type="checkbox"/>	<input type="checkbox"/>
<hr/>		
Do you have a Respiratory Disease? <i>This includes Chronic Obstructive Pulmonary Disease, Asthma, Pulmonary High Blood Pressure</i>	↓	<input type="checkbox"/>
Do you have difficulty controlling your condition with medications or other physicians prescribed therapies? (Answer NO if you are not currently taking medications or other treatments)	<input type="checkbox"/>	<input type="checkbox"/>
Has your doctor ever said your blood oxygen level is low at rest or during exercise and/or that you require supplemental oxygen therapy?	<input type="checkbox"/>	<input type="checkbox"/>
If asthmatic, do you currently have symptoms of chest tightness, wheezing, labored breathing, consistent cough (more than 2 days/week), or have you used your rescue medication more than twice in the last week?	<input type="checkbox"/>	<input type="checkbox"/>
Has your doctor ever said you have high blood pressure in the blood vessels of your lungs?	<input type="checkbox"/>	<input type="checkbox"/>

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Physical Activity Readiness Questionnaire

Do you have a Spinal Cord Injury? *This includes Tetraplegia and Paraplegia*

Yes No



Do you have difficulty controlling your condition with medications or other physicians prescribed therapies? (Answer NO if you are not currently taking medications or other treatments)

Do you commonly exhibit low resting blood pressure significant enough to cause dizziness, lightheadedness, and/or fainting?

Has your physician indicated that you exhibit sudden bouts of high blood pressure (known as Autonomic Dysreflexia)?

Have you had a Stroke? *This includes Transient Ischemic Attack (TIA) or Cerebrovascular Event*



Do you have difficulty controlling your condition with medications or other physicians prescribed therapies? (Answer NO if you are not currently taking medications or other treatments)

Do you have any impairment in walking or mobility?

Have you experienced a stroke or impairment in nerves or muscles in the past 6 months?

Do you have any other medical condition not listed above or do you have two or more medical conditions?



Have you experienced a blackout, fainted, or lost consciousness as a result of a head injury within the last 12 months OR have you had a diagnosed concussion within the last 12 months?

Do you have a medical condition that is not listed (such as epilepsy, neurological conditions, kidney problems)?

Do you currently live with two or more medical conditions?

**PLEASE LIST YOUR MEDICAL CONDITION(S)
AND ANY RELATED MEDICATIONS HERE:**

Delay becoming more active if:

- You have a temporary illness such as a cold or fever; it is best to wait until you feel better.
- You are pregnant - talk to your health care practitioner, your physician, a qualified exercise professional before becoming more physically active.
- Your health changes - talk to your doctor or qualified exercise professional before continuing with any physical activity program.

PAR-Q+

Physical Activity Readiness Questionnaire

If you answered NO to all of the follow-up questions about your medical condition, you are ready to become more physically active:

- It is advised that you consult a qualified exercise professional to help you develop a safe and effective physical activity plan to meet your health needs.
- You are encouraged to start slowly and build up gradually - 20 to 60 minutes of low to moderate intensity exercise, 3-5 days per week including aerobic and muscle strengthening exercises.
- As you progress, you should aim to accumulate 150 minutes or more of moderate intensity physical activity per week.
- If you are over the age of 45 years and NOT accustomed to regular vigorous to maximal effort exercise, consult a qualified exercise professional before engaging in this intensity of exercise.

Please sign the PARTICIPANT DECLARATION below

If you answered YES to one or more of the follow-up questions about your medical condition:

- You should seek further information before becoming more physically active or engaging in a fitness appraisal.
- Please have your physician complete the "PHYSICAL ACTIVITY READINESS PHYSICIAN REFERRAL FORM" on page 8. Physicians can email the completed form back to jsweeney@shepherd.edu.

The authors, the PAR-Q+ Collaboration, partner organizations, and their agents assume no liability for persons who undertake physical activity and/or make use of the PAR-Q+ or ePARmed-X+. If in doubt after completing the questionnaire, consult your doctor prior to physical activity.

PARTICIPATION DECLARATION

All persons who have completed the PAR-Q+ please read and sign the declaration below. If you are less than the legal age required for consent or require the assent of a care provider, your parent, guardian or care provider must also sign this form.

I, the undersigned, have read, understood to my full satisfaction and completed this questionnaire. I acknowledge that this physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if my condition changes. I also acknowledge that a Trustee (such as my employer, community/fitness center, health care provider, or other designate) may retain a copy of this form for their records. In these instances, the Trustee will be required to adhere to local, national, and international guidelines regarding the storage of personal health information ensuring that the Trustee maintains the privacy of the information and does not misuse or wrongfully disclose such information.

Name

Date

Signature

Witness

Signature of Parent/Guardian

The PAR-Q+ was created using the evidence-based AGREE process (1) by the PAR-Q+ Collaboration chaired by Dr. Darren E. R. Warburton with Dr. Norman Gledhill, Dr. Veronica Jamnik, and Dr. Donald C. McKenzie (2). Production of this document has been made possible through financial contributions from the Public Health Agency of Canada and the BC Ministry of Health Services. The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada or the BC Ministry of Health Services.

PHYSICAL ACTIVITY READINESS PHYSICIAN REFERRAL FORM

Based on the current review of the health status of _____(name)
I recommend the following course of action:

- The participant should avoid engaging in physical activity at this time.
- The participant should engage in only a medically supervised physical activity/exercise program involving the supervision of a qualified exercise professional (or other appropriately trained health care professional) and overseen by a physician.
- The participant is cleared for intensity and mode appropriate physical activity/exercise training under the supervision of a qualified exercise professional.
- The participant is cleared for intensity and mode appropriate physical activity/exercise training with limited supervision (i.e., unrestricted physical activity).

The following precautions should be taken when prescribing exercise for the aforementioned participant:

- o With the avoidance of: _____

- o With the inclusion of: _____

NAME OF PHYSICIAN: _____

ADDRESS: _____

TELEPHONE: _____

Date of Medical Clearance (mm/dd/yy): _____

**Please email completed form to
the Shepherd University
Wellness Center:
jsweeney@shepherd.edu.**

PHYSICIAN/CLINIC STAMP AND SIGNATURE

NOTE: This physical activity/exercise clearance is valid for a period of six months from the date it is completed and becomes invalid if the medical condition of the above named participant changes/worsens.

EXERCISE HISTORY FORM

General Instructions: Please fill out this form as completely as possible. If you have any questions, Do NOT GUESS: ask a staff member for assistance.

Name: _____

D.O.B: _____ Age: _____ Height: _____ Weight: _____

Please complete the following questions:

Sport(s): _____

Position(s): _____

School/ Team(s): _____

What sport specific aspects of your game would you like to see improve after completing this training program?:

What are your athletic career goals (Varsity, College, Pro, etc.)?: **OPTIONAL FOR YOUTH/ MIDDLE SCHOOL**

- Are you currently involved in team training? _____ Yes _____ No
- If yes, specify duration _____ Minutes a Day, _____ Days/Week

More Specifically:

- Are you currently involved in regular cardiovascular exercise? _____ Yes _____ No
- If yes, specify the type of exercise(s) _____ Minutes a Day, _____ Days/ Week
- Are you currently involved in regular strength training exercise? _____ Yes _____ No
- If yes, specify the type of exercise: _____ Machines _____ Free Weights _____ Days/Week
- Have you ever used Free Weights? _____ Yes _____ No Weight Machines? _____ Yes _____ No
- How much are you willing to devote to an exercise program? _____ Minutes a Day, _____ Days/Week
- Day(s) most convenient are (circle): Monday Tuesday Wednesday Thursday Friday

CONSENT & RELEASE LIABILITY FORM

1. The exercise sessions you will become involved with will consist of progressive exercise levels that will be determined and regulated by your trainer. The exercise sessions may consist of aerobic and weight training as well as education and instruction. These exercises are designed to place gradually increasing stress on the body to improve its function, although no guarantee can be made. The trainer will provide spotting and cueing to ensure your safety and at anytime where it would require physical touch, he or she will ask for permission. You have the right to refuse and the exercise will be eliminated for safety reasons.

(Guardian if under 18) Initial _____

2. I am aware that all activities are offered as recreational or self directed in nature and I have the right and choice to stop activity at any time. I also assume full responsibility during and after my participation for any risk, discomfort or fatigue that I may experience. I understand that exercise and cardiovascular activity and the response of my body to such activity cannot be predicted. I acknowledge my responsibility and obligation to inform my trainer of any pain, discomfort, fatigue or any other symptoms that I may suffer. It is my choice to participate in the training program. I accept assumption of all the risk that may imply as my own.

(Guardian if under 18) Initial _____

3. The information made or gathered during the training sessions is treated as confidential.

(Guardian if under 18) Initial _____

4. I understand that I may ask questions or request further information about any of the activities, programs, or services offered by my Shepherd University Wellness Center trainer at any time. It is my choice to participate in the programs offered and may withdrawal from participation as I wish.

(Guardian if under 18) Initial _____

5. I understand that all personal training sessions must be paid for in advanced and that I must give 24-hours notice prior to canceling a session. I understand that without given 24-hour notice or not showing up may result in being charged for the scheduled session.

(Guardian if under 18) Initial _____

6. I understand that all sessions must be used within one (1) year of purchase date and are not transferable.

(Guardian if under 18) Initial _____

I have read and consent to the above information and wish to participate in an exercise program with personal trainer from the Shepherd University Wellness Center.

Signature (Guardian Signature if under 18)

Date

Trainer

Date