



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Form IIA Description of Fitness Testing and Exercise Programs

Dear Doctor:

The YMCA fitness testing and/or exercise programs for which the participant has applied are described as follows:

**Fitness testing:** The purpose of the fitness testing program is to evaluate cardiorespiratory fitness, body composition, flexibility, and muscular strength and endurance. The cardiorespiratory fitness test involves a submaximal test that may include a bench step test, a cycle ergometer test, or a 1-mile walk for the best time test. Body composition is analyzed by taking several skinfold measures to calculate percentage of body fat. Flexibility is determined by the sit-and-reach test. Muscular strength and upper-body endurance may be evaluated by the 1-minute, bent-knee sit-up test or the bench press test.

**Exercise programs:** The purpose of the exercise programs is to develop and maintain cardiorespiratory fitness, body composition, flexibility, and muscular strength and endurance. A specific exercise plan will be given to the participant based on needs and interests and your recommendations. All exercise programs include warm-up, exercise at target heart rate, and cool-down (except for muscular strength and endurance training, in which target heart rate is not a factor). The programs may involve walking, jogging, swimming, or cycling (outdoor and stationary); participation in exercise fitness, rhythmic aerobic exercise, or choreographed fitness classes; or calisthenics or strength training. All programs are designed to place gradual increasing workload on the body in order to improve overall fitness and muscular strength. The rate of progression is regulated by exercise target heart rate and/or perceived effort of exercise.

In both the fitness testing and exercise programs, the reaction of the cardiorespiratory system cannot be predicted with complete accuracy. There is a risk of certain changes that might occur during or following exercise. These changes might include abnormalities of blood pressure and/or heart rate. YMCA exercise instructors are certified in CPR, and emergency procedures are posted in the exercise facility.

In addition to your medical approval and recommendations, the participant will be asked to sign informed consent forms that explain the risk of fitness testing and exercise participation before the programs are initiated.

### **SLATE BELT YMCA**

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