USC RECREATIONAL SPORTS

PERSONAL TRAINING INFORMATION PACKET
WELCOME TO USC REC SPORTS PERSONAL TRAINING

GETTING STARTED
The information included in this packet is everything you need to get started with a Personal Trainer. After completing this form you will be contacted by phone or email within two business days notifying you of your eligibility to participate in the program. On your first session please make sure to be well hydrated and have a light snack/meal 60-90 minutes before training sessions to prevent fatigue during the workout. Additionally, you may want to bring a water bottle and sweat towel.

PERSONAL TRAINING POLICIES

PAYMENT
Once matched with a personal trainer you will be invoiced for the training session you are interested in. Payment for sessions must be made in advance of meeting with your trainer. This may be made online through the Rec Sports Online Store or in person at the recreation center.

EXPIRATION DATE
You will have two consecutive semesters to complete your personal training sessions, summer session excluded. After the expiration date all remaining sessions will be invalid. Personal training sessions are non-refundable. If sessions must be discontinued due to medical reasons, clients may be eligible for a refund for incomplete sessions with medical documentation.

CANCELLATIONS
Personal trainers must be given 24 hour notice for cancellations. Notice should be in the form of a phone call or an e-mail to the personal trainer. If less notice is given, the session will be forfeited.

TARDINESS
Please arrive on time to your personal training sessions. If you arrive more than 15 minutes late, please contact the personal trainer and notify the front desk of the recreation center. All sessions will end 60 minutes after the originally scheduled start time. Personal trainers are expected to wait up to 15 minutes after the scheduled start time.
**PERSONAL TRAINING SERVICES & RATES**

*Below are the service options, please select the session you are most interested in. After you are matched with a trainer you will be invoiced for the session you selected, this fee will need to be paid online through the Rec Sports Online Store or in person at the recreation center.*

**BODY COMPOSITION**
A body composition assessment analyzes the body’s weight in terms of absolute and relative amounts of lean body mass and fat mass. This 15 minute body composition assessment will include hip and waist circumferences, Bioelectrical Impedance (BIA) and 3-site skinfold measurements..

**FITNESS ASSESSMENT**
Fitness assessments are a great way to identify strengths and weaknesses, set realistic and attainable goals and measure progress. This 45 minute assessment will include baseline measurements, body composition, height and weight circumference, cardiovascular endurance, muscle endurance, and flexibility.

**QUICK START TRAINING**
This two-session service includes a 45 minute fitness assessment and a 60 minute overview of a progressive three month workout plan to meet your fitness goals. Your exercise plan will be based on your goals, workout preferences, fitness level, and available time. By utilizing your personal trainer’s demonstration and hands-on application, you will have a clear understanding of how to complete workouts on your own.

**ONE-ON-ONE TRAINING**
Together, you and your personal trainer will develop a personalized exercise program based on your health history, goals and fitness level. Your trainer will instruct you on proper technique and exercise options, as well as motivate you to achieve your health and fitness goals.

**GROUP TRAINING (2-5 PEOPLE)**
Interested in Personal Training with a few friends? Small group training, for two to five individuals, is a blend between group fitness classes and 1-on-1 sessions. It is big enough to provide a fun atmosphere, yet small enough to provide quality instruction and one-on-one attention.

**PLEASE SELECT THE SERVICE YOU ARE INTERESTED IN**

- □ Body Composition $10
- □ Assessment $60
- □ Quick Start $100
- □ 1 Session $60
- □ 4 Sessions $210
- □ 10 Sessions $465
- □ Group Training 1 Session $90
- □ Group Training 4 Sessions $300
- □ Group Training 10 Sessions $675

If interested in group training, please indicate the name(s) of the individual who will training with you:

____________________________
____________________________________

*To compliment your personal training services please checkout our additional wellness offerings through USC Rec Sports at [http://sait.usc.edu/recsports/fitness-and-recreation/fitness/](http://sait.usc.edu/recsports/fitness-and-recreation/fitness/) These services include a wide variety of group fitness and mind body classes, private pilates, and massage therapy.*
TRAINING GOALS

*Please indicate your health and fitness goals by checking the following boxes*

- □ Lose weight
- □ Gain weight
- □ Muscular endurance/toning
- □ Muscular strength/size
- □ Improve nutrition
- □ Sports specific
- □ Lower cholesterol
- □ General fitness
- □ Increased confidence
- □ Flexibility
- □ Lower cholesterol
- □ Reduce stress
- □ Change body composition (↓ body fat %)

Primary goal: ____________________________________________________________

________________________________________________________________________

Please rate your exercise level on a scale of 1 to 5 (5 indicating very strenuous) for each age range through your present age: 15-20 _______ 21-30 _______ 31-40 _______ 41-50 _______ 51+ _______

Please rate your current stress level on a scale of 1 to 5 (5 indicating very stressed): __________

What are those major contributing factors to your stress?: ________________________________

________________________________________________________________________

How much time do you currently devote to the following:

- Non-Exercise Activities (active job, take the stairs, walk to stores) ______ minutes/day ______ days/week
- Cardiovascular (walking, biking, swimming, etc) ______ minutes/day ______ days/week
- Strength training (weight training, body weight/TRX, etc) ______ minutes/day ______ days/week
- Stretching/Mobility ______ minutes/day ______ days/week

How much time are you willing to devote to the following:

- Non-Exercise Activities (active job, take the stairs, walk to stores) ______ minutes/day ______ days/week
- Cardiovascular (walking, biking, swimming, etc) ______ minutes/day ______ days/week
- Strength training (weight training, body weight/TRX, etc) ______ minutes/day ______ days/week
- Stretching/Mobility ______ minutes/day ______ days/week

What have been your past barriers to meeting your health and fitness goals?: ____________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
PERSONAL INFORMATION

Today's Date: __________/________/__________ Your Name:______________________________
Date of Birth: __________/________/__________ Gender:______________________________
Address: ______________________________________________________________________
City: __________________________ Zip: __________ State: ________________
Email Address: ____________________________________________________________________ Phone:____________________________
Emergency Contact: Name:____________________________ Phone:____________________________
Physician: Name:____________________________ Phone:____________________________

Membership Status: Student □ Staff/Faculty □ Alumni □ Guest □

AVAILABILITY
*Please check all days and time periods that will work best for your schedule.

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TRAINER PREFERANCE

Trainer preference: Male □ Female □ No Preference □

Name of prefered trainer:____________________________________________________________________
Medical Screening: PAR-Q

*Please follow the directions for completing the Physical Activity Readiness Questionnaire (PAR-Q). Clarifications to these questions are listed on page 6 for your convenience.

**IF YOU CHECK “YES” ANY QUESTIONS ON THIS FORM, YOU WILL NEED TO OBTAIN A MEDICAL CLEARANCE (PAGE 7) PRIOR TO BEGINNING YOUR PERSONAL TRAINING SESSIONS**

If you are planning to become much more physically active than you are now, start by answering the seven questions below. If you are between the ages of 15-69, 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: check YES or NO.

1. □ □ Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
2. □ □ Do you feel pain in your chest when you do physical activity?
3. □ □ In the past month, have you had chest pain when you were not doing physical activity?
4. □ □ Do you lose your balance because of dizziness or do you ever lose consciousness?
5. □ □ Do you have a bone or joint problem that could be made worse by a change in your physical activity?
6. □ □ Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
7. □ □ Do you know of any other reason why you should not do physical activity?

Please note: if your health changes so that you answer YES to any of the above questions, please inform your personal trainer. Your physical activity clearance will be invalid until you speak with your physician to obtain a physician’s clearance.

If you answered YES to one or more questions:
Talk with your doctor BEFORE you start becoming much more physically active or BEFORE you have a fitness assessment. Tell your doctor about the PAR-Q and which questions you answered YES to.
- You may be able to do any activity you want as long as you start slowly and build up gradually. You may need to restrict your activities to those which are safe for you. Talk with your physician about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful to you.

If you answered NO to all questions:
You can be reasonably sure that you can:
- 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 assessment. This is an excellent way to determine your basic fitness level, so that you can plan the best way to increase activity.

I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction.

Name_________________________________________________________
Signature_______________________________________________________ Date____________________________
Signature of Parent______________________________________________
(for participants under the age of 18)
Readiness Questionnaire Clarifications
For most people, physical activity should not pose any problem or hazard. The questionnaire has been designed to identify the small number of adults for whom physical activity might be inappropriate and those who should have medical advice concerning the type of activity most suitable.

1. Has a doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
   Significance/clarification:
   Persons with known heart disease are at increased risk for cardiac complications during exercise. They should consult a physician and undergo exercise testing before starting an exercise program in order to ensure that exercise prescription follow standard guidelines for cardiac patients. Note: Medical supervision may be required during exercise training.

2. Do you feel pain in your chest when you do physical activity?
   Significance/clarification:
   See question 3.

3. In the past month, have you had chest pain when you were not doing physical activity?
   Significance/clarification:
   A physician should be consulted to identify the cause of the chest pain, whether it occurs at rest or with exertion. If ischemic in origin, the condition should be stabilized before starting an exercise program. Exercise testing should be performed with the patient on his or her usual medication and the exercise prescription formulated in accordance with standard guidelines for cardiac patients.

4. Do you lose your balance because of dizziness or do you ever lose consciousness?
   Significance/clarification:
   A physician should be consulted to establish the cause of these symptoms, which may be related to potentially life threatening medical conditions. Exercise training should not be undertaken until serious cardiac disorders have been excluded.

5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
   Significance/clarification:
   Existing musculoskeletal disorders may be exacerbated by inappropriate exercise training. Persons with forms of arthritis known to be associated with a systemic component (for example, rheumatoid arthritis) may be at an increased risk for exercise-related medical complications. A physician should be consulted to determine whether any special precautions are required during exercise training.

6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
   Significance/clarification:
   See question 1. Medication effects should be considered when formulating the exercise prescription. The exercise prescription should be formulated in accordance with guidelines or the specific cardiovascular disease for which medications are being used. A physician should be consulted to determine whether the condition of factor requires special precautions during exercise training or contraindicates exercise training.

7. Do you know of any other reasons why you should not do physical activity?
   Significance/clarification:
   The exercise prescription may have to be modified in accordance with the specific reason provided.
Medical Release

ONLY REQUIRED IF YOU CHECKED “YES” TO ANY QUESTIONS ON THE PAR-Q (PAGE 5)

Dear Physician/Health Care Professional:

Your patient _______________________________ wishes to start a fitness program through the University of Southern California personal training program. Exercise recommendations provided by the trainer will start easy and become progressively more intense depending on the client’s goal and fitness level. Qualified staff will administer all fitness assessments and exercise.

If you know of any medical or other reasons why participation in the program by the client would be unwise, please indicate so on this form.

______________________________

Physician/Health Care Professional Report

_____ I know of no reason why the applicant may not participate.

_____ I believe the client can participate, but I urge caution because: ________________________________

__________________________________________________________________________________________

* My patient is taking medications that will effect heart rate response to exercise.
   The effects are indicated below:

   Type of medication: _____________________________________________

   Effect: ________________________________________________________

   Restrictions for exercise: _________________________________________

_____ The client should not engage in the following activities: ________________________________

__________________________________________________________________________________________

_____ I recommend that the client NOT participate.

Physician/Health Care Professional Signature: __________________________ Date: ___/___/_____

Print Name: __________________________________________ Phone: __________________

Please submit fax to:
213.740.9739
Attn: Allison Morgan
Department of Recreational Sports
University of Southern California