

Welcome to the Recreational Sports Personal Training Program!

Getting Started.

Individual Training Packages

60 minute sessions.

Personal Trainers will design exercise programs to help you stay motivated and reach your fitness goals.

Sessions	Student	Non-Student

		Non-Student w/Buddy/person

Fitness Assessments - \$15

Fitness assessments are available for students and non-students. A fee of \$15 is required for each assessment. Non-students must be accompanied by a buddy or person.



**SAM HOUSTON STATE UNIVERSITY
RECREATIONAL SPORTS
Informed Consent**

Waiver of Liability, Assumption of Risk, and Indemnity Agreement

Waiver and Release:

Assumption of Risks:

I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent in personal training activities. I hereby assert that my participation is voluntary and I EXPRESSLY AND SPECIFICALLY ASSUME ANY AND ALL RISK OF INJURY, DEATH, AND OR PROPERTY DAMAGE RESULTING FROM PARTICIPATION IN THESE ACTIVITIES. I hereby certify that I have insurance to cover any charges associated with any injuries or accidents that may occur as a result of my use of a Recreational Sports Personal Trainer.

Acknowledgement of Understanding:

Signature

Date

Printed Name

SamID

Signature

Date

Printed Name

SAM HOUSTON STATE UNIVERSITY

Health Screening

Health History

Please place an X next to any risk factors that pertain to you.

Family History

PAR-Q and YOU

Exercise History and Attitude Questionnaire

Personal Information Sheet