

Welcome to SMSU, and Thank You for participating in the Fitness program!

What is included in the 12 week program?

1) Pre and post program assessments by SMSU students (with faculty supervision) including:

- Height, weight, vital signs
- Body fat analysis utilizing skin fold calipers, bio-electric impedance, and girth measurements
 - Go to <http://www.topendsports.com/testing/skinfold-sites.htm> to see where the skin fold measurements will be taken
- Fitness testing:
 - Cardiovascular testing utilizing the Rockport 1 mile walk test
 - Core strength testing: plank, curl up, push up
 - Flexibility testing: Sit and Reach test, Back scratch test
 - Balance testing utilizing the Y-balance test

2) Individualized training by Exercise Science students (with supervision by Exercise Science Faculty)

- Training 2 times per week as you have chosen with your student trainer
- An initial individualized Exercise Prescription will be written, and you will be instructed in this program
- Exercise Science students will progress your exercise prescription as you go based on your progress

*** We encourage you to work with your student trainer 2 times per week, but we understand time is precious! Please communicate with your student trainer if you have a scheduling change or cannot make a session.*

To register for the program:

1) Email Dr. Kris Cleveland, PT, DPT, CSCS at kris.cleveland@smsu.edu to be scheduled for your pre-test with an Exercise Science student. You will receive a confirmation email with your appointment date and time. Times available are 6am-7pm; and will be available dependent on student's schedules for that semester.

2) Go to <http://www.smsu.edu/academics/programs/exercisescience> and click the "Schwan Employee Wellness Program" tab located on the navigation bar to the left to download the required forms to complete, sign and return. Located there is also a Release to Participate form for your Physician/health care provider to complete and return. This is a required form in order for you to be able to participate in

the program. (Links: <http://SMSU/Exercise Science/Schwan Employee Wellness Program> , <http://SMSU/Exercise Science/Participation Forms>)

3) Complete, sign and return the appropriate forms during your first pre-test appointment with your Exercise Science student.

4) Your health care provider may fax your Release to Participate form to 507-537-6323. You may also fax your completed participant forms to this number if you wish. Do NOT email your personal or private health information this is not a HIPAA (Health Insurance Portability and Accountability Act) compliant email account.

NOTE: Note: Please remember that your individual assessment results and stats are completely confidential and not shared back with your employer without your consent and may not be used by your employer for any employment-related purposes.

Additional Information about our Campus

- **Campus Map:** A campus map is available online to assist you in locating the SMSU Wellness and Human Performance office (PE 217) and the SMSU Exercise Science Fitness Center (SS 147). <http://SMSU/Campus Map> . There is also a virtual tour to help you become accustomed to the campus and better understand where the Physical Education building is (pre and post testing) and where training takes place (Social Science building).
The Virtual Tour link is: <http://www.youvisit.com//59961/?pl=v&hover=0>
- **Parking:** You will be provided with an SMSU visitor parking pass. Please review the instructions on its use, and please remember to display it by hanging it on your rear view mirror. Please visit the University Public Safety, Parking Information page online more information about parking on campus. <http://www.smsu.edu/SMSU/University Public Safety/Parking Information>
- **Changing Areas/Showers/Locker Rooms:** Lockers and showers are available for your use in men's and women's locker rooms are located in the PE building. Restrooms (men's and women's) are also located across the hall from the Exercise Science Fitness Center (SS 147), however, they do not have showers or lockers.

If you have any questions as the program begins or progresses, please do not hesitate to contact me at 507-537-7233 or email me at kris.cleveland@smsu.edu

Sincerely,

Kris Cleveland, PT, DPT, CSCS

Physical Therapist/Assistant Professor

Director of the Wellness and Human Performance Center at SMSU