

# On Campus CC25K TRAINING Enrollment Form

**Training begins Tuesday, February 14, 2017**



On campus training is designed specifically for UA staff & faculty. While training is designed to prepare you mentally and physically for the event it will also provide a fun and social atmosphere.

**Locations/Times:**

- UA Outdoor Pool Complex:  
5:15 p.m.

**Training Dates:**

- On campus training begins Tuesday, February 14
- Continues every Tuesday and Thursday
- Completion of training is Thursday, April 6
- \* Training will be cancelled due to inclement weather

**How to Enter:**

- Complete the form below with check payable to The University of Alabama
- Return to OHPW in 320 Russell Hall or mail to Box 870367

**For more information:** Please contact us at 348-0077, wellness@ua.edu or visit wellness.ua.edu

## Enrollment Form may be duplicated

Last Name \_\_\_\_\_

First Name \_\_\_\_\_

Department \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

**Instructions:**

- Select your training program
- Select the days you will be attending
- Submit forms and payment prior to the start of the group training sessions

Training Program: \_\_\_ Walker \_\_\_ Beginner Runner  
\_\_\_ Intermediate Runner \_\_\_ 10K

Tuesday \_\_\_ 5:15pm

Thursday \_\_\_ 5:15pm

\$20.00 Check enclosed

PAR-Q Form: The completion of a PAR-Q is a sensible first step to take if you are planning to increase the amount of physical activity in your life. PAR-Q has been designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them. Common sense is your best guide in answering these few questions. Please read them carefully and check YES or NO beside the question if it applies to you.

\_\_\_ YES \_\_\_ NO 1. Has your doctor ever said you have a heart condition and you should only do physical activity recommended by a doctor?

\_\_\_ YES \_\_\_ NO 2. Do you feel pain in your chest when you do physical activity?

\_\_\_ YES \_\_\_ NO 3. Have you had chest pain in the past month even when you were not physically active?

\_\_\_ YES \_\_\_ NO 4. Do you lose balance or become dizzy or do you ever lose consciousness?

\_\_\_ YES \_\_\_ NO 5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?

\_\_\_ YES \_\_\_ NO 6. Is your doctor currently prescribing drugs for blood pressure or heart condition?

\_\_\_ YES \_\_\_ NO 7. Is the above mentioned condition under control with this medication?

\_\_\_ YES \_\_\_ NO 8. Do you know of any reason why you should not participate in physical activity?

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure you that you can participate in an exercise program, however you should postpone activity if you have a minor illness.

If you answered YES to one or more of the PAR-Q questions, you should consult your physician before beginning an exercise program.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Official Use Only : Date \_\_\_\_\_ Check # \_\_\_\_\_ Office Staff Initials \_\_\_\_\_