

# Kinesiology Medical Clearance Form

## Physical Requirements of the Kinesiology Program:

Students in the kinesiology program engage in vigorous physical activity as part of laboratory practice and applied methods courses. Students will act both as physical activity leaders and participants. Students are expected to develop and maintain a good level of physical fitness throughout the program.

Vigorous physical activity includes, but is not limited to:

- Team sport activities such as soccer, basketball, volleyball, softball, and rugby.
- Individual sport activities such as tennis, badminton, gymnastics, dance, aquatics and all track & field events.
- Aerobic and anaerobic fitness activities such as running, jumping, cycling, and swimming.
- Strength and conditioning activities such as weight lifting, resistance training, flexibility and balance training.
- Developmental and recreational games and activities.

Students will also be required to complete a health-related fitness appraisal that includes, but is not limited to:

- Heart rate and blood pressure
- Body composition tests including height, weight, waist circumference, skinfold measurements and bioelectrical impedance analysis (BIA).
- Sub-maximal and maximal cardiovascular fitness tests which may include 2400m run, modified Canadian Aerobic Fitness Test (mCAFT) – step test, Rockport one mile walking test, single stage treadmill walking test, and YMCA cycle ergometer sub-maximal test, and maximal oxygen uptake test.
- Sub-maximal and maximal musculoskeletal fitness tests which may include push-ups, planks, hamstring and shoulder flexibility testing, vertical jump, grip strength, back extension, sub-maximal prediction of one repetition maximum test and balance testing.

There are potential risks during exercise, such as episodes of transient light-headedness, loss of consciousness, nausea, abnormal blood pressure, chest discomfort, shortness of breath, leg cramps, muscle strains, joint sprains and muscle soreness; and, in rare circumstances, heart rhythm disturbances or heart attacks. In order to minimize those risks, students are required to obtain

