

Q-Fit Participation Waiver
Department of Health and Human Performance
University of Houston

Your participation in Q-Fit assessment involves a series of fitness tests and quality of life questionnaires. The purpose of these assessments is to provide you with information about your general physiological profile and overall well-being.

The benefits from Q-Fit assessments may include increased motivation to increase physical activity and knowledge of baseline health status.

The risks for participating in these assessments are small. For the physiological measures, certain safety measures are implemented to limit injury, including proper stretching and workout attire. Some symptoms associated with moderate to high levels of physical activity are shortness of breath, nausea, dizziness, sweating, muscle strains and tears, and delayed onset of muscle soreness, which will usually subside within one week following testing.

You may discontinue the physiological assessment or quality of life assessment at any point during the testing session.

The Q-Fit assessments are not designed to diagnose or treat any physiological or psychological conditions related to or unrelated to the assessments. Information obtained from the Q-Fit assessments can be provided to your medically-certified physician for diagnosis and treatment if necessary.

I have previously filled out the medical history questionnaire to inform the Q-Fit staff of any special medical needs I may have during the assessments. I have read this participation waiver and understand the risks of participating in the Q-Fit assessments. I further understand that it is required of me to sign this participation waiver in order to receive the Q-Fit assessments.

Print Name

Signature

Date

Witness

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