

# BUCKS COUNTY COMMUNITY COLLEGE FITNESS CENTER

Please check one:	
<input type="checkbox"/>	Student
<input type="checkbox"/>	Faculty/Staff
<input type="checkbox"/>	Alumni
<input type="checkbox"/>	VIP/Retiree

## Health History Form

Please write neatly.

Last: \_\_\_\_\_ First: \_\_\_\_\_ DOB: \_\_\_\_\_ Sex: \_\_\_\_\_

Street: \_\_\_\_\_

City/ST/Zip: \_\_\_\_\_ Phone: \_\_\_\_\_ BCCC ext. \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

### **ALL INFORMATION ON THIS FORM WILL BE KEPT CONFIDENTIAL**

Are you taking any medications or drugs? Y N If so, please list the medication, dose, and reason:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Do you have now, or have had in the past: (If yes, please explain on line below) Yes No

- |  |                          |                          |
|--|--------------------------|--------------------------|
| 1. History of chest pain, breathing or lung conditions?                    | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. History of stroke or aneurisms?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Family history of heart conditions?                                     | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. High blood pressure (>140/90)?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. High cholesterol (>200 mg/dL)?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Any chronic illness or condition?                                       | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Any recent surgery (within the past 12 months)?                         | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Any muscle, joint, spine, or previous injury still affecting you?       | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Diabetes or thyroid condition?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Cigarette smoking habit?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Any condition that may be aggravated by lifting weights (i.e. hernia)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Difficulty with physical activity?                                     | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. Recent or currently pregnant?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Any limitations given to you by your physician?                        | <input type="checkbox"/> | <input type="checkbox"/> |

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

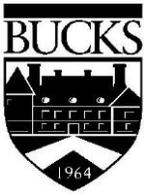
Any other reason(s) that may restrict your physical activity not mentioned above? Y N

If yes, please explain: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I understand the nature and purpose of this health history form. I declare that, to the best of my knowledge, that my answers are true, correct, and complete.

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

**Turn over**



# BUCKS COUNTY COMMUNITY COLLEGE FITNESS CENTER

## Agreement and Release of Liability

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In consideration of being allowed to participate in the activities and programs of the Bucks County Community College Fitness Center, and use of the facilities, equipment, and other resources, I do hereby waive, release, and forever discharge the Bucks County Community College Fitness Center staff from any and all responsibilities or liability from injuries or damages resulting from my participation in any activities or use of equipment within the Fitness Center.

***If you agree, please initial*** \_\_\_\_\_

I understand and am aware that strength, flexibility, and aerobic exercise, including the use of equipment, is a potentially hazardous activity. I also understand that fitness activities involve the risk of injury or death, and that I am voluntarily participating in these activities and using equipment and machinery with the knowledge of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury or death.

***If you agree, please initial*** \_\_\_\_\_

I do hereby further declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity, or other illness that would prevent my participation in a physical fitness program. I do hereby acknowledge that I have had a physical examination and have been given my physician's permission to participate, or that I have decided to participate in a physical exercise program without the approval of my physician and do hereby assume all responsibility for my participation and activities.

***If you agree, please initial*** \_\_\_\_\_

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\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Student ID # / Employee Dept.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date