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| **Informed consent form** |
| **Programme objectives and procedures**I understand that the purpose of the activity session is to provide safe and effective exercise to improve health and fitness. Exercises may include:* Warm-up activities
* Cardiovascular activities
* Muscular conditioning activities to improve muscular strength and endurance
* Cool-down and flexibility exercises to improve movement around the joints and range of motion.

**Potential risks**The exercise session is designed to place a gradually increasing workload on the cardiovascular and muscular systems and thereby improve their function. The reaction of the cardiovascular and muscular system to such exercise cannot always be predicted with complete accuracy. There is a risk of certain changes that might occur during or following the exercise. These changes may include changes to blood pressure or heart rate. **Potential benefits**I understand that a programme of regular exercise has been shown to be beneficial. Some of these benefits include:* A decrease in risk of heart disease
* A decrease in body fat
* Improved blood pressure
* Improvement in psychological function
* Improvement in aerobic fitness.

The activity session has been explained to me and my questions regarding the session have been answered to my satisfaction. I understand that there are risks associated with exercise and that I am free to withdraw at any time. The information obtained will be treated as private and confidential.Client’s signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_Witness’s signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |