



Kinesiology Medical Clearance Form

Applicant information:

Name (please print)

OC I.D. #

Address:

Telephone Number:

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 medical clearance for participation in physical activity as an admission requirement of the Kinesiology Program.

It is required that you seek consultation with a medical physician to complete the remainder of this form. Students are responsible to arrange for a medical assessment, to pay any associated form completion fees as set by the medical clinic, and to return the form to the admissions department at Okanagan College.

Medical Clearance for Participation in Physical Activity: to be completed by the physician

Based on the physical requirements of the Kinesiology Program at Okanagan College and a review of the health status of completed on

Please indicate one of the following three options:

- I am aware of no reason why the above named applicant cannot participate in physical activity.
- I recommend the following specific limitations or exclusions, when the above named applicant participates in physical activity:

- I recommend that the above named applicant participate in no physical activity at this time.

Additional Notes:

Physician/Clinic Stamp:

Physician's Name (print):

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Physician's Signature:

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Date:

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Student Declaration:

I certify that the information given on this form and in any documents attached is correct, complete and discloses all relevant information.

If I am offered admission to the Kinesiology Program and my medical conditions changes, it is my responsibility to inform the College. I understand that my course instructors may collect specific relevant medical information at the beginning of each course where there is a physical activity component. And, that I may be required to seek additional medical clearance for participation in physical activity during the course of my program.

I understand that Okanagan College personnel will review this form in support of making admissions decisions. I also understand that this form will become part of my Okanagan College student file.

Applicant Signature:

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Date:

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Please send this completed form in PDF format to: pentictonadmissions@okanagan.bc.ca