

SPRING 2008

I _____ have read the syllabus for PE 630. I understand:

- all of the course policies, including the attendance and grading policies.
- there is a written final exam.
- it is my responsibility to drop the course if I decide to no longer attend.
- how circuit training works and that 1 circuit (12 bikes/12 machines) is required each visit.

Signature: _____ Date: _____

All students must have a completed and signed PAR-Q form and resting blood pressure measurement on file before exercising. Take this form to the Student Health Center to have your BP measured. Make sure you get it stamped by the nurse. Your blood pressure is: _____