



CALIFORNIA STATE UNIVERSITY, FULLERTON

**DEEP H<sub>2</sub>O POWER HOUR**

**MEDICAL CLEARANCE OF PERSONAL PHYSICIAN**

Your patient \_\_\_\_\_ is interested in participating in the Deep H<sub>2</sub>O Power Hour, one of several physical activity programs offered by the Center for Successful Aging at California State University, Fullerton. The Center is under the direction of Debra Rose, Ph.D., professor in the Department of Kinesiology. The participant will perform all exercises in a deep water pool using an Aqua Jogger belt for flotation.

**Exercise Program:** The level of intensity of the program is based on the individual capabilities of each participant. The class meets twice per week for 60 minutes over an 10-week period. Each class will be instructed by a trained supervisor with extensive education and experience in exercise science and aging. The class will use the natural properties of water to gain increases in aerobic, strength, and flexibility. The class format will consist of a 10-minute warm-up, followed by 40-minutes of exercises in the water including aerobic, strength, flexibility/mobility training, and conclude with a 5-minute cool-down.

**Exercise Class Approval:** yes \_\_\_\_ no \_\_\_\_

**Please list any modifications/comments for testing and exercise class:** \_\_\_\_\_

**Patient's last blood pressure reading:** \_\_\_\_ / \_\_\_\_

Please indicate by your signature below that your patient is medically cleared to participate in the specific portions of testing and training as described. Please call Dr. Debra Rose if you have any question concerning the program at 657-278-5846.

\_\_\_\_\_  
*Print Name of Physician*

\_\_\_\_\_  
*Signature of Physician*

\_\_\_\_\_  
*Date*

**Address:** \_\_\_\_\_

**Physician phone #:** (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_