



Student Fitness Coaching Guidelines

The guidelines outlined below are to ensure that the relationship between the Student Fitness Coach and the EFC Member is understood and clear.

Getting Started

The patron participating in Student Fitness Coaching must be a member of the Employee Fitness Center (EFC). To join the EFC, you must have completed a New Member Appointment.

Schedule an appointment with a Student Fitness Coach; contact the EFC at (470) 578-6770 or efc@kennesaw.edu

Complete a Student Fitness Coach Intake Form.

General Information

- Coaching will be available for 6 week increments with 1-2 sessions per week.
- Sessions will be available for 30-60 minute time slots starting on the :00 or :30.
- If you are interested in group training, then there should be no more than 3 to a group.
- All appointments must begin on time and end on time according to the schedule.

EFC Member Responsibilities

- Discuss all health history information and any medical concerns with the Student Fitness Coach.
- Communicate any discomforts, pain or concerns experienced during or arising from a session.
- Abide by rules and policies of Kennesaw State University and the EFC.
- Kennesaw State University and the EFC reserves the right to deny services to members who fail to abide by such rules and policies.
- Acknowledge that you are in good health and physically able to participate in a personalized program.

- Acknowledge and agree that you have no limiting health conditions that would preclude participation in an exercise program, and immediately inform the coach if such health condition arises during the participation.
- Be warmed up and ready to train in appropriate work-out attire. Be at the front desk at the time of your appointment (e.g. t-shirt, shorts, tennis shoes).
- Eat something before the appointment, so that you will have energy; however, a major meal within three hours prior to the appointment is not recommended.

Canceling or Arriving Late for a Student Fitness Coaching Session

- Notify EFC staff as soon as possible.
 - **Call (470) 578 – 6770 or email efc@kennesaw.edu**
- The coach is expected to wait 15 minutes for a member at which time the session is forfeited and considered a “No Show”.
 - “No Show” 3 times, then your privileged of scheduling a wellness appointment at the EFC will be revoked for one full month.
- Any time lost due to tardiness is considered part of the appointment.

****Student Fitness Coaches are not Certified Personal Trainers****

If there is a problem with the Student Fitness Coach, the member should contact the Employee Wellness Coordinator & Fitness Center Manager at (470) 578-3244 or dtzankov@kennesaw.edu

Please sign and date below to acknowledge our policies stated above.

EFC Member Signature

Date