Fitness Test Guidelines

Welcome to the riding program at Centenary University! Our goal is to assist each and every student in attaining his or her individual riding goals while enrolled in a riding class or participating on a riding team at our institution. To that end, the physical demands placed on horses and riders in our sport require a certain level of fitness and stamina.

In order to help each rider succeed and progress, and ensure the safety of our students and horses while doing so, each student in the riding program will be required to pass a fitness test at the start of his/her first semester. This requirement must be met by all students enrolled in a riding class and/or riding on one of our riding teams.

During the initial weeks of the fall semester, times will be made available for testing. It is the individual student’s responsibility to sign up for an appointment and complete the test as scheduled. Centenary University will cover any costs associated with the initial testing. It is our goal for all students to pass the Fitness Test and therefore be eligible to participate in the riding program for the academic year.

Students that do not pass a component or components of the Fitness Test may be allowed to ride as outlined in the policy. Students that do not pass the BMI requirement will receive the accommodation of riding on “probationary status”, also outlined in the policy. In such cases, we can provide each student with resources and a fitness program that, if followed, will help each individual achieve success towards an individual fitness goal that meets or exceeds the required progress in order to continue riding.

Any student with a documented medical condition that would inhibit the ability to perform a particular demand of the test should notify the Department Chair or Riding Coordinator prior to testing. Any request for accommodation must be made in advance and accompanied by a doctor’s note (on letterhead). Prescription pads will not be accepted for exclusion of exercises or tasks. The following tasks are included in the testing:

- BMI (body mass index) – must be 30% or under
- 15 minute walk/run mile
- Stork balance test
- Flexibility test
- 25 sit-ups in one minute
- 15 push-ups in one minute (regular or modified)

All fitness test scores, accommodation requests, and discussions related to testing with the Department Chair and Riding Coordinator are strictly confidential.

Please sign and return this letter in acknowledgement of the Fitness Test requirements with your acceptance package.

Thank you,

Tara Clausen
Centenary University Riding Coordinator

Student Name (Please Print):_____________________________________________

Student Signature:_____________________________________________________

Parent/Guardian Signature:_____________________________________________
Centenary University Riding Program
Fitness Test Policy

All students participating in the Riding Program at Centenary University must adhere to the Fitness Test Policy and Guidelines outlined below.

1. All students participating in the Riding Program will be required to take the full Fitness Test in the initial semester of riding.

2. The Fitness Test includes the following benchmarks that must be successfully met by each student:
   - BMI (body mass index) – must be 30% or under
   - 15 minute walk/run mile
   - Stork balance test – 10 second balance on each leg
   - Flexibility reach test (males – minimum of 23cm, females – minimum of 29cm)
   - 25 sit-ups performed in one minute
   - 15 push-ups performed in one minute (regular or modified)

3. Any accommodation documentation from your doctor can be submitted to the Riding Coordinator or the Department Chair. All information discussed or provided is strictly confidential. Medical documentation does not necessarily exempt a student from fitness requirements and is handled on a case by case basis.

4. Any student that passes all test requirements will continue to obtain an updated BMI measurement annually at the start of the fall semester. This is a service offered free of charge by the University Wellness Center.

5. Any student that fails 1-2 physical components of the testing (in the absence of medical documentation) will be required to repeat the failed components, and demonstrate improvement, each semester in order to continue riding.

6. Any student that fails two or more physical components and the BMI (in the absence of medical documentation) will not be permitted to ride that semester. In such cases, the student will need to re-test the physical component each semester with demonstrated improvement and will also adhere to the requirements of probationary status for the BMI component.

7. The BMI requirement is intended to promote safety of all riders and horses in the program and guide our athletes toward improved fitness and health as participants in our sport. Students who do not initially, or at any annual re-test, pass the BMI requirement of the testing will be permitted to ride on probationary status for that subsequent semester and will adhere to the guidelines below.

EXPLANATION OF “PROBATIONARY STATUS”:
- “Probationary status” is a confidential classification that indicates a student has not met the BMI requirement.
- Any rider remaining at a BMI of 30 or greater will remain on “probationary status” and will be required to demonstrate continued progress toward an acceptable personal BMI goal each semester.
- The minimum goal for all students will be a 1% decrease in BMI each semester in order to retain riding privileges.
- Riders on “probationary status” will be required to obtain monthly BMI measurements at the Wellness Center in order to track progress.
- At the close of each semester, riders that are in jeopardy of losing riding privileges based on the final BMI measurement will be notified by the Riding Coordinator.
- Any student who does not meet the goal of a 1% reduction in BMI by the end of the first week of the following semester will be automatically withdrawn from his/her riding class and will not be permitted to ride in any capacity at the Equestrian Center.
- In order to be taken off of “probationary status” a rider must reach a BMI of 30% or less and maintain a BMI of 30% or less. Riders will return to “probationary status” if the BMI exceeds 30% at any time, but will not lose riding privileges unless the per semester goal of 1% reduction in BMI or the benchmark of 30% is not reached in a given semester.

8. To assist our riders in reaching their fitness goals, we have the following resources available at no cost on campus:
   - The fitness room is available to students during posted hours. Equipment available for use includes treadmills, elliptical machines, stationary bikes, free weights, and other fitness and weight training machines.
   - Dr. Taylor is available for assistance with healthy eating choices and nutrition guidance.
   - The Wellness Center is available for continued BMI measurements, support, and referrals.