



PRIVATE TRAINERS ASSOCIATION
Liability Release Form



Before participating in any practical testing with an examiner, everyone is required to complete a release form, which includes a waiver of liability, an assumption of risk and an indemnification. If you or anyone in your group would like to see the release form in advance, we will be glad to mail or fax you a copy.

It is my responsibility to check with my doctor prior to partaken any exercise and to inform the US Private Trainers Examiner of any pre-existing medical conditions and injuries. This information will be kept strictly confidential. I release, waive, discharge, and covenant not to bring legal action upon the US Private Trainers Association , its examiners, its members, its officers, its employees, its agents, all instructors, all participants and anyone associated with its operation and any IFBB pro bodybuilder.

WAIVER AND RELEASE

You, the undersigned Releasor, are aware that you are engaging in physical exercise and that the use of the exercise equipment, club and gym facilities, training and instruction, could cause injury to you. You are voluntarily participating in these activities and assume all risks of injury to you that might result from such activities. You agree to waive any claims or rights you might otherwise have to make a claim against and/or sue the releasees, which are U.S. Private Trainers, Inc., the host health club or gym, and their respective owners, officers, managers, employees, or agents for injury to you as a result of these activities, including, but without limitation, any activities related to your enrollment and participation in a certification course. You have carefully read this waiver which states that you assume all risks of injury. You are hereby advised that you should be sufficiently physically fit for exercise activities and should have consulted a physician prior to undertaking a physical exercise program, all matters about which you acknowledge that you are aware by your signature below.

Releasees: U.S. Private Trainers Association, Inc.
Other Gym facility name: _____
(Host Health Club/Gym)

Date: _____

Releasor / student: _____ Date: _____
(Print Participant name)

(Signature)



PRIVATE TRAINERS ASSOCIATION

PRACTICAL EXAM



This form should not be given to the student and it should be submitted directly to the PTA office after completion of the practical exam. Each director is given the authority to test the student under his or her own discretion. A score from 1 to 5 is given on the test, 1 being a poor performance and 5 being an excellent performance. Remember to grade the student with quality and safety in order to keep the USPTA reputation in mind. You must test the student on every muscle and as many exercises as you think is proper. Use your judgment and always make sure that the student is competent enough to pass your exam. Keep in mind that if you want to hire this student to help you get or keep in shape.

Student's name:

Date:

HOW DID YOU PREPARE FOR YOUR PRATICAL EXAM.....

APPROPRIATE ATTIRE...YES.....NO

APPROPRIATE SHOES...YES.....NO

TOWEL....YES.....NO

PRACTICAL

A grade of 1 to 5. 5 being the highest grade 1 being the lowest grade.

SHOULDERS:	FRONT DELTOIDS	SIDE DELTOIDS	REAR DELTOIDS

CHEST:	UPPER CHEST	MIDDLE CHEST	LOWER CHEST

BACK:	UPPER BACK	MIDDLE BACK	LOWER BACK

BICEPS:	INNER BICEPS	OUTER BICEPS	FOREARM

TRICEPS:	LONG HEAD	LATERAL HEAD	MEDIAL HEAD

ABS:	UPPER ABS	LOWER ABS	SIDE OBLIQUES

QUADS:	OUTER QUADS	INNER QUADS	LOWER QUADS

HAMSTRINGS GLUTEUS MUSCLE OUTER CALVES INNER CALVES

.....

EXAMINER NAME: EXAMINER SIGNATURE.....

By asking the student some of the following questions, you will be able to find out more about the practical application and competency of the application being applied by the student.

- 1- Have the trainer describe how he would teach any and all exercises that would be tested on to a beginner. Include in detail correct technique, safety guidelines, spotting technique, key areas to watch for incorrect form, timing, breathing and the entire teaching process.

Circle here if done properly.....if not

- 2- Have the trainer show you different forms of the exercises performed.

Circle here if done properly.....if not

- 3- What would the trainer do if that certain exercise is painful or is incorrect?

Circle here if done properly.....if not

- 4- There are certain safety guidelines, for the knees and for the back, have the trainer show you.

Circle here if done properly.....if not

- 5- Have the trainer list for you the signs & symptoms suggestive of cardiovascular disease or difficulty.

Circle here if done properly.....if not

- 6- Under what conditions the trainer should stop exercising their clients???

Circle here if done properly.....if not

- 7- You must ask the trainer on the muscles being exercised when performing that certain movement.

Circle here if done properly.....if not

- 8- Remind the trainer at the end of the practical exam about opening a checking account, making business cards for starting his or her own business....

Circle here if done properly.....if not

EXAMINER NAME:EXAMINER SIGNATURE:

Date:Location:

Please fax all forms to the PTA for record keeping.
Fax # 877-533-7540