

Contact Us

Adult Physical Fitness Program
Clinical Exercise Physiology Program
Ball State University
Human Performance Laboratory
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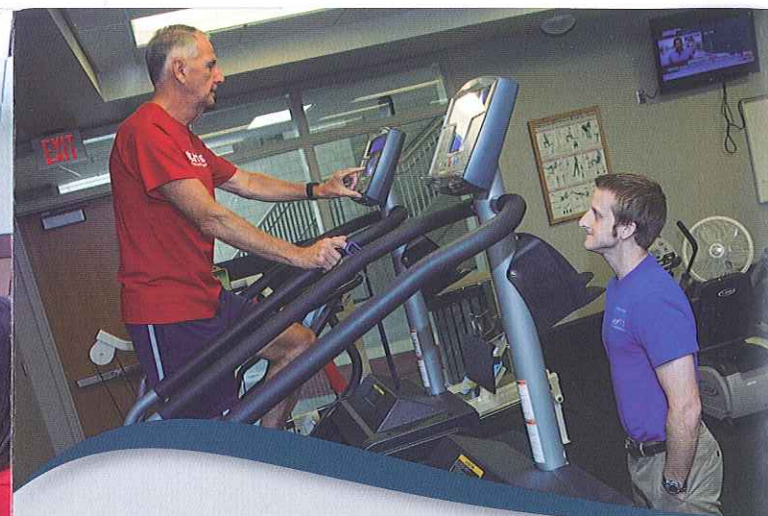
bsu.edu/adultfitness

Program Administrators:

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Clinical Exercise Physiology Program
Associate Director, Adult Physical Fitness Program

 /Ball State Clinical Exercise Physiology Program



Program Overview

Ball State's Adult Physical Fitness Program is the longest running community-based fitness program provided by a university in the United States. Started by Dr. Bud Getchell, it has operated continuously since its inception in 1971. The Program begins with a state-of-the-art health and fitness evaluation and provides a comprehensive, supervised exercise program to support individuals in developing their personalized exercise plan. The overall goal of the program is to improve and/or maintain cardiovascular capacity and muscular fitness to optimize health.

Program Participation

The Adult Physical Fitness Program is open to all adults with the exception of those who have a health or medical concern that would require special assistance (beyond what is provided in the Program). Individuals with heart disease can join with written approval from their physician. The Program follows standards and guidelines for exercise programs developed by scientific and clinical organizations. For specific information about eligibility, please contact the Program office.

Program Fees

Call the Program Office at (765) 285-1140, or email us at apfp@bsu.edu, or check the website for current pricing and fees.

Mission Statement

The mission of the Adult Physical Fitness Program mirrors the educational, research and service missions of Ball State University. The APFP serves Ball State University's graduate and undergraduate exercise science students by providing educational laboratories for the application of physical fitness assessment, exercise prescription, and fitness program administration concepts learned in the classroom.

It also serves the program faculty and students by providing research opportunities for a wide variety of studies that focus on health and fitness related aspects of physical activity and exercise.

Finally, it serves the local community by providing a valuable service via a state-of-the-art comprehensive physical fitness program which assists individuals in improving and/or maintaining their health and functional ability.

Adult Physical Fitness Program

A service of the Clinical Exercise Physiology Program

Ball State University



Screening and Testing

Prior to beginning the supervised exercise program, and every 4 years, each participant completes a cardiovascular risk screening and physical fitness evaluation. These tests are normally conducted in two 1-hour sessions.

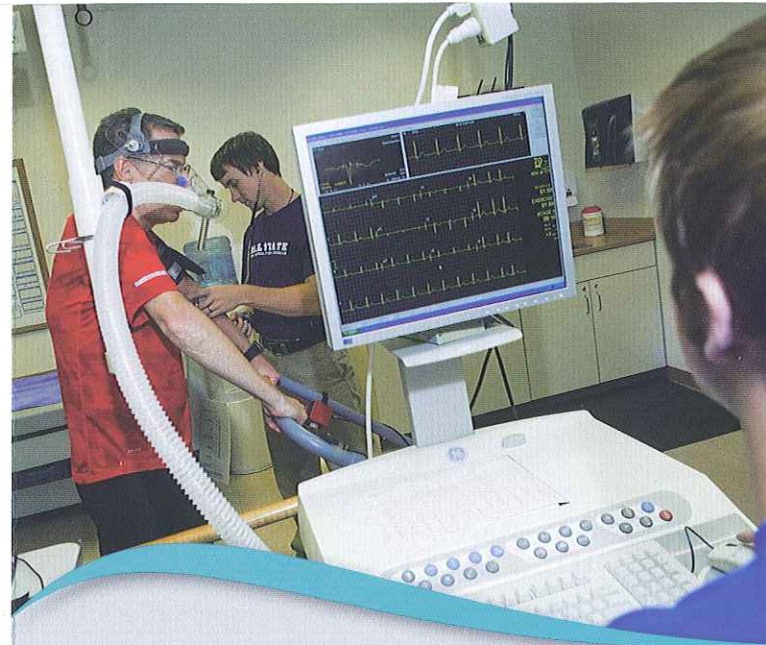
- health and medical history questionnaire
- physical activity assessment
- blood test for HDL & LDL cholesterol, triglycerides, glucose, and hemoglobin A1c
- resting blood pressure and electrocardiogram
- vascular function assessment
- body composition (regional fat and lean mass assessment)
- bone density measurement (participants ≥ 50 years)
- pulmonary function test
- hand grip strength measurement
- maximal exercise test with measured aerobic capacity (VO_{2max}) and ventilatory threshold assessment

Participants will receive a report of all results, and, if desired, test results are sent to their personal physicians. These results are used to prescribe an exercise program tailored to the individual needs and capabilities of each participant.

*Advanced testing options for individuals are available for additional fees – More information about these services is provided on the Program's website or can be obtained by calling the Program office.

Supervised Exercise Program

Following the screening and testing all participants will meet with a member of the Program staff to review the results and discuss recommendations for an exercise plan designed to meet the individuals' health and fitness goals. Supervision is provided by Clinical Exercise Physiology graduate students trained in the administration of exercise programs for adults. Daily workout data is recorded and used to support keeping the participant on track toward meeting their goals.



Program Times

The Adult Physical Fitness Program offers program times during the morning, midday, and evening. Participants have unlimited access to the fitness facility during these program times, when Ball State is in session.

Monday-Friday

- Morning (5:30 - 8:45a.m.)
- Noon (11:30a.m. - 1:15p.m.)
- Evening (3:30 - 7:00p.m.)

Saturday (September - April)

- Morning (7:30 - 10:30a.m.)

Extended hours, 5:30a.m. to 7:30p.m., are offered on weekdays during academic semester, pending staff availability.

Hours may be shortened during academic break periods.

The program is closed on holidays and for two weeks in May and one week in July.

Exercise Facilities

Participants exercise at Ball State University's Adult Physical Fitness Training Center located in the Student Recreation and Wellness Center (RM135).

A wide variety of exercise equipment and monitoring is offered for their exercise needs. They include:

- Treadmills
- Cycling (upright and recumbent)
- Elliptical trainers (with and without arm bars)
- Stair climbers
- Recumbent steppers (with and without arm bars)
- Resistance training (dumbbells, weight machines)
- Core strength and flexibility training area
- Balance training
- Rowers
- Staff record all participants training sessions (duration and intensity) to monitor progress



Program Features

- Individualized exercise prescription based on the comprehensive health and fitness testing
- Daily supervision by trained exercise staff
- 3 individualized training sessions
- Periodic progress evaluations
- A participant only-3,500 sq. ft. fitness center
- Access to locker and shower facilities (Student Rec. and Wellness Center)
- Television & music
- Health/Fitness educational information
- Monthly program newsletter
- Program t-shirt
- Daily fitness towels
- Convenient parking