

The Health and Physical Education Department strongly recommends that a Lifetime Activity class be taken rather than testing-out. If the test-out option is chosen, please contact the test administrator (on page two of this form) **BEFORE PAYING THE FEE**, to find out about test-out guidelines. Health, physical education and exercise science majors along with student-athletes (past and present) are **not** eligible to test out of a LTA.

Instructions:

1. Complete the student section of this form.
2. Consult the Lifetime Activity Test Out Schedule, available on the back side of this form and in the Health, Physical Education and Exercise Science Department, Enrollment Service Center and the Weekend College Office.
3. Pay the \$220 fee to the Enrollment Center and obtain staff member's signature on this form. *If the fee has not been paid, the test will not be administered.*
4. Return the completed form to the Enrollment Center **AT LEAST 2 WEEKS PRIOR TO THE SCHEDULED TEST**. The Enrollment Center will notify the HPE department and reserve a space for you at the testing time.
5. Go to the scheduled testing site at test time and take the written and practical exams.
6. You will be notified in writing of the result by the Office of the Registrar.

SECTION 1 - To be completed by the student

Name _____ Augsburg ID# _____

Address _____ City, State, Zip _____

Primary Phone Number _____ Email _____@augsborg.edu

Lifetime Activity to be tested (*Check one*)

Badminton

Bowling

Tennis

Volleyball

Weight Training

Test day/time requested (*from next page*) _____**PLEASE NOTE:** Payment of \$220 in full is required prior to testing.The fee is **NONREFUNDABLE**.

An additional fee of \$220 will be required to retest.

Payment and completed form must be submitted **AT LEAST 2 WEEKS PRIOR TO THE SCHEDULED TEST**.**SECTION 2 - To be completed by Enrollment Center staff**

Date payment received _____ Received by _____

SECTION 3 - To be completed by Health and Physical Education Dept. staff

Test was (circle one): PASSED FAILED

Examiner's signature _____

Department Chairperson's Signature _____

2012 - 2013 LIFETIME ACTIVITY TEST OUTS

SPORT	CONTACT	DATE	START TIME	PLACE	WRITTEN EXAM*	PRACTICAL SKILLS
Volleyball	Jane Becker (x1541) becker@	Tues., Sept. 25 Mon., Nov. 19 Tues., Feb 5 Tues., April 2	6:00 p.m. 7:00 p.m. 7:00 p.m. 6:30 p.m.	Melby Gym Center Court	47 points	volleying, serving, setting, passing
Weight Training	Carol Enke (x1250) enke@	Mon., Oct. 22 Mon., Dec. 10 Mon., Feb. 4 Mon., April 8	6:00 p.m. 6:00 p.m. 6:00 p.m. 6:00 p.m.	Fitness Center	45 points	arm and leg extension, bench press, lat pulldown, leg curls, arm curls
Tennis	Mike Navarre (x1623) navarre@	Tues., Sept. 18 Tues., Oct. 9 Mon., April 1 Mon., April 29	5:00 p.m. 5:00 p.m. 5:00 p.m. 5:00 p.m.	Tennis Courts	42 points	ground strokes, serving
Bowling	Tony Clapp (x1618) clapp@	Mon., Oct. 15 Mon., Dec. 3 Mon., Feb. 4 Mon., April 8	5:00 p.m. 5:00 p.m. 5:00 p.m. 5:00 p.m.	Memory Lanes, South Mpls.	40 points	Avg. 150 over 3 games
Badminton	Melissa Lee (x1654) leem3@	Thurs., Oct. 4 Thurs., Dec. 6 Thurs., Feb. 7 Thurs., April 25	6:00 p.m. 6:00 p.m. 6:00 p.m. 6:00 p.m.	Melby Gym -North Court	68 points	short/long serve, forehand clear, wall volley

* Students must test @ 85% on the written exam. On practical exams, contact instructor for specific information.

* Registration **2 weeks** in advance of testing date at the Registrar's Office is **MANDATORY**.

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