

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 health fitness 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 Health Fitness Department, Enrollment Service Center and the Weekend College Office.
3. Pay the \$180 fee to the Enrollment Service 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 Service Center **AT LEAST 2 WEEKS PRIOR TO THE SCHEDULED TEST**. The Enrollment Service 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 Number _____

Address _____

Phone Number (H) _____ (W) _____

Email _____@augsborg.edu

Lifetime Activity to be tested (circle one):**Badminton****Bowling****Tennis****Volleyball****Weight Training**

Test date/time requested: _____

PLEASE NOTE: Payment of \$180 in full is required prior to testing.The fee is **NONREFUNDABLE**. An additional fee of \$180 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 Services 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 _____

2009 - 2010 LIFETIME ACTIVITY TEST OUTS

SPORT	CONTACT	DATE	START TIME	PLACE	WRITTEN EXAM*	PRACTICAL SKILLS
Volleyball	Jessica Rinehart (x1541)	Tues., Sept. 29 Mon., Nov. 23 Tues., Feb 2 Tues., April 6	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)	Mon., Oct. 19 Mon., Dec. 7 Mon., Feb. 8 Mon., April 5	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	Jennifer Britz (x1239)	Mon., Sept. 21 Tues., Oct. 13 Mon., April 5 Mon., April 12	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)	Mon., Oct. 19 Mon., Dec. 2 Mon., Feb. 8 Mon., April 5	5:30 p.m. 5:30 p.m. 5:30 p.m. 5:30 p.m.	Memory Lanes, South Mpls.	40 points	Avg. 150 over 3 games
Badminton	Paul Grauer (x1243)	Thurs., Oct. 8 Thurs., Dec. 10 Thurs., Feb. 18 Thurs., April 15	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**.

* **Health/physical education and health fitness majors** along with **student-athletes (past and present)** are **not** eligible to test out of a LTA.