

PAR – Q

Physical Activity Readiness – Questionnaire

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the eight questions in the box below. If you are above the age of 15, the PAR-Q will tell you if you should check with your doctor before you start. **American College of Sports Medicine (ACSM) guidelines require that men over the age of 45 and women over the age of 55 complete a “Medical Authorization Form” BEFORE training.**

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. Are you a man over the age of 45 or a woman over the age of 55?
<input type="checkbox"/>	<input type="checkbox"/>	2. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
<input type="checkbox"/>	<input type="checkbox"/>	3. Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	4. In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	5. Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	6. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	7. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	8. Do you know of any other reason why you should not do physical activity?

**If
you
answered**

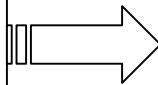
YES to one or more questions

You will need to complete the Medical Authorization Form BEFORE you meet with a trainer or become more physically active. Tell your doctor about the PAR-Q and which questions you answered YES.

NOTE: You may be able to do any activity you want – as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.

NO to all questions

If you answered NO honestly to all PAR-Q questions you can be reasonably sure that you can become more physically active and take part in a fitness appraisal / training.



NOTES:

- If you are or may be pregnant – talk with your doctor before you start becoming more active.
- If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction.

NAME: _____ DATE: _____

SIGNATURE: _____ WITNESS: _____

SIGNATURE OF PARENT: _____
or GUARDIAN