

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE

For most people, physical activity should not pose any problem or hazard. PAR-Q has been designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them.

Please read the questions below and check the appropriate answer.

Yes No

- ___ ___ 1. Has your doctor ever said you have heart trouble?
- ___ ___ 2. Do you frequently suffer from pains in your chest?
- ___ ___ 3. Do you often feel faint or have spells of severe dizziness?
- ___ ___ 4. Has a doctor ever told you that you have a bone or joint problem such as arthritis that has been aggravated by exercise, or might be made worse with exercise.
- ___ ___ 5. Is there a good physical reason not mentioned here why you should not follow an activity program even if you wanted to?
- ___ ___ 6. Are you over 35 and not accustomed to vigorous exercise?

*Please pay particular attention to question #5 regarding the elbow and shoulder.

If you answer yes to one or more of the above questions, we may require a physician in attendance at the exercise evaluation.

Referenced from ACSM's Guidelines for Exercise Testing and Prescription, Fifth Edition.

Return this form to the SCSU Human Performance Laboratory as instructed.