

KIN 101C: Physical Conditioning

PAR Q & YOU (Physical Activity Readiness Quotient)

The PAR Q is designed to ensure your safety and health. Many health benefits are associated with regular exercise, and the completion of the PAR Q is a sensible first step to take if you are planning to increase the amount of physical activity in your life. At Cal State LA we also require completion of the PAR Q before participant in a Fitness Assessment. For most people, especially those under the age of 45, physical activity should not pose any problem or hazard.

The 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. Common sense is your best guide in answering these few questions. Please read each question carefully and circle the appropriate response for each question.

- YES / NO 1. Has your doctor ever said you have heart trouble?
YES / NO 2. Do you frequently have pains in your heart and chest?
YES / NO 3. Do you often feel faint or have spells of severe dizziness?
YES / NO 4. Has your doctor ever said your blood pressure was too high?
YES / NO 5. Has your 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?
YES / NO 6. Is there a good physical reason not mentioned here why you should not follow an activity program even if you wanted to?
YES / NO 7. Are you over age 50 and not accustomed to vigorous exercise?

_____ Check here if your physician is aware of the above condition and has said you may exercise without restriction anyway. If you can not check this statement and have answered "YES" to any of the above questions you must provide your instructor with a completed Physician's Report. (See next page.)

(Signature of Participant) (Date)

Notify your instructor in case you have answered with a "YES" to one or more of the above questions. If you have not recently done so, consult your personal physician by telephone or in person BEFORE increasing your physical activity, participating in activity classes or in fitness assessments.

In case you answered with a "NO" to all questions: If you answered PAR Q accurately, you have reasonable assurance of your present suitability for a gradual increase in proper levels of exercise.

POSTPONE your fitness assessment if you have a temporary minor illness such as a common cold.

Adapted from: <http://www3.wcu.edu/~kawhite/classes/fitnessforms.pdf>. Retrieved March 24, 2006.

Physician's Report

Dear Doctor:

_____ is enrolled in KIN 101C Physical Conditioning course at California State University, Los Angeles. By completing a PAR-Q, the student indicated an existing medical problem. KIN 101C includes participation in aerobic and anaerobic activities and fitness assessments. The assessment involves:

- resting heart rate, blood pressure, height and weight measurements;
- a non-diagnostic 1.0 mile walk test or a 1.5 mile run/walk test for cardiorespiratory fitness;
- tests of muscular endurance (e.g., sit-ups, push-ups, Delorme's RM10);
- test of muscular strength (e.g., grip test, Berger's RM6);
- a sit-and-reach test for hamstring flexibility test; and
- body composition analysis.

All fitness tests will be administered by qualified personnel trained in fitness testing. By completing this form, you are not assuming any responsibility for our administration of the fitness testing and/or exercise program. If you have any questions about this Fitness Program please call (323) 343-4662. **If you know of any medical or other reasons why participation in the fitness testing and/or exercise program by the applicant would be unwise, please indicate so on this form.**

CHECK ONE

- _____ I know of no reason why the applicant should not participate
_____ I recommend the applicant not participate.
_____ I believe the applicant can participate, but I recommend the following restrictions:

The applicant should not engage in the following activities:

- _____ 1.0 mile walk test for cardiovascular endurance
_____ 1.5 mile run/walk test for cardiovascular endurance
_____ Sit-ups for muscular endurance
_____ Push-ups for muscular endurance
_____ Weight Lifting

Physician Signature _____ Date: _____

Address _____ Phone: _____

City and State _____ Zip: _____

Physician report can be faxed to the Cal State LA Student Health Center at (323) 343-6557.

Adapted from: <http://www3.wcu.edu/~kawhite/classes/fitnessforms.pdf>. Retrieved March 24, 2006.