

## PHYSICAL ACTIVITY READINESS QUESTIONNAIRE

For most people, physical activity should not pose any problem or hazard. PARQ 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. *\*Please pay particular attention to question #5 regarding the elbow and shoulder.*

- |   | Yes                      | No                       |
|---|--------------------------|--------------------------|
| 1. Has your doctor ever said you have heart trouble?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do you frequently suffer from pains in your chest?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Do you often feel faint or have spells of severe dizziness?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 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? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Is there a good physical reason not mentioned here, why you should not follow an activity program even if you wanted to?                                       | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Are you over 35 and not accustomed to vigorous exercise?   | <input type="checkbox"/> | <input type="checkbox"/> |

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

**Return this form to the Wellness and Human Performance Center (PE 217) at SMSU.**