

## PAR-Q (Physical Activity Readiness Questionnaire)

Students registering for WFA courses, which involve physical exertion, must complete the Statement of Informed Consent, Assumption of Risk, and Release form as well as the PAR-Q questionnaire. PAR-Q is designed to help you help yourself. Many health benefits are associated with regular exercise, and the completion of PAR-Q is a sensible first step to take if you are planning to increase the amount of physical activity in your life. 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 may 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 the following questions.

Please read them carefully and check the YES or NO box opposite the question if it applies to you:

- |     |    |   |   |
|-----|----|---|---|
| YES | NO | 1. Has your doctor ever said you have heart trouble?  | If you answered YES to one or more of the questions:  |
| YES | NO | 2. Do you frequently have pains in your heart and chest?  | 1. If you have not recently done so, consult with your physician by telephone or in person before increasing your physical activity and/or taking a fitness appraisal. Tell your physician what questions you answered YES to on the PAR-Q or present your PAR-Q for your physician's review.   |
| YES | NO | 3. Do you feel faint or have spells or severe dizziness?  | 2. After medical evaluation, seek advice from your physician as to your suitability for: <ul style="list-style-type: none"><li>• unrestricted physical activity starting off easy and progressing gradually</li><li>• restricted or supervised activity, at least on an initial basis</li></ul>   |
| YES | NO | 4. Has a doctor ever said your blood pressure was too high?   | 3. Have your physician fill out the Health Care Provider form on next page and return this to your instructor on the first day of class..   |
| YES | NO | 5. Has your doctor ever told you that you have a bone or joint problem, like arthritis, that has been aggravated by exercise or 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 the age of 65 and not accustomed to vigorous exercise?  | If you answered NO to all questions:<br>If you answered PAR-Q accurately, you have reasonable assurance of your suitability for: <ul style="list-style-type: none"><li>• a graduated exercise program (A gradual increase in proper exercise promotes good fitness development while minimizing or eliminating discomfort.)</li><li>• a fitness appraisal</li></ul> |

Please Note: Postpone exercise if you have a temporary minor illness, such as a cold.