

Physical Activity Readiness Questionnaire (PAR-Q)

Our Sport courses are designed to be fun and keep you healthy. A sensible step before you start is to complete a Physical Activity Readiness Questionnaire – PAR-Q.

PAR-Q is a self-screening tool that should be used by anyone planning to increase their physical activity. PAR-Q is designed to help you help yourself. It is a sensible first step if you are planning to increase your physical activity by enrolling in this course.

Please answer the questions below as accurately as possible.

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?

YES NO

2. Do you feel pain in your chest when you do physical activity?

YES NO

3. In the past month, have you had chest pain when you were not doing physical activity?

YES NO

4. Do you lose your balance because of dizziness or do you ever lose consciousness?

YES NO

5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?

YES NO

6. Is your doctor currently prescribing drugs for dealing with a health problem -for example, blood pressure or heart condition?

YES NO

7. Do you know of any other reason why you should not do physical activity?

YES NO

PLEASE NOTE: If you have answered YES to any of the above questions, ask whether this is the course for you. Commonsense is your best guide but the College recommends you check with your doctor before proceeding.

No warranty of safety should result from the use of this screening tool. It in no way guarantees against injury or death. No responsibility or liability whatsoever can be accepted by Sydney Community College Ltd for any loss, damage or injury that may arise from any person acting on any statement or information contained in this self-assessment screening tool.

Current as at February 2015