

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)

A PAR-Q should be completed by all nonmilitary participants (civilians, beneficiaries, retirees, and auxiliaries). It is highly encouraged for all military participants.

READINESS ASSESSMENT

1. Has your doctor said you have heart trouble?
Yes No I do not know or I do not remember
2. Do you frequently suffer from pain in your chest?
Yes No I do not know or I do not remember
3. Do you often feel faint or have spells of dizziness?
Yes No I do not know or I do not remember
4. Has a doctor ever said your blood pressure was too high?
Yes No I do not know or I do not remember
5. 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?
Yes No I do not know or I do not remember
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 I do not know or I do not remember
7. Are you over age 65 and not accustomed to vigorous exercise?
Yes No I do not know or I do not remember

If a participant answers yes to any question, vigorous exercise, or exercise testing should be postponed until medical clearance is obtained. "I do not know" answers should be researched further to determine testing suitability.

I have read, understood, and completed this questionnaire. Any questions I had were answered to my full satisfaction.

Name _____ Date _____

Signature _____ Witness _____

Reference: PAR Q Validation Report, British Columbia Ministry of Health, 1978.

PRIVACY ACT STATEMENT

Authority: 5, 10, and 14 United States Code and Executive order

Principle Purpose: To complete a Physical Activity Readiness Questionnaire (PAR-Q) prior to beginning an exercise program or test.

Routine Uses: Used to determine health & fitness readiness according to military standards. Information will be released to authorized personnel involved in health assessment.

Disclosure: Voluntary; however, failure to furnish the requested information will impede on determining the health and fitness process.