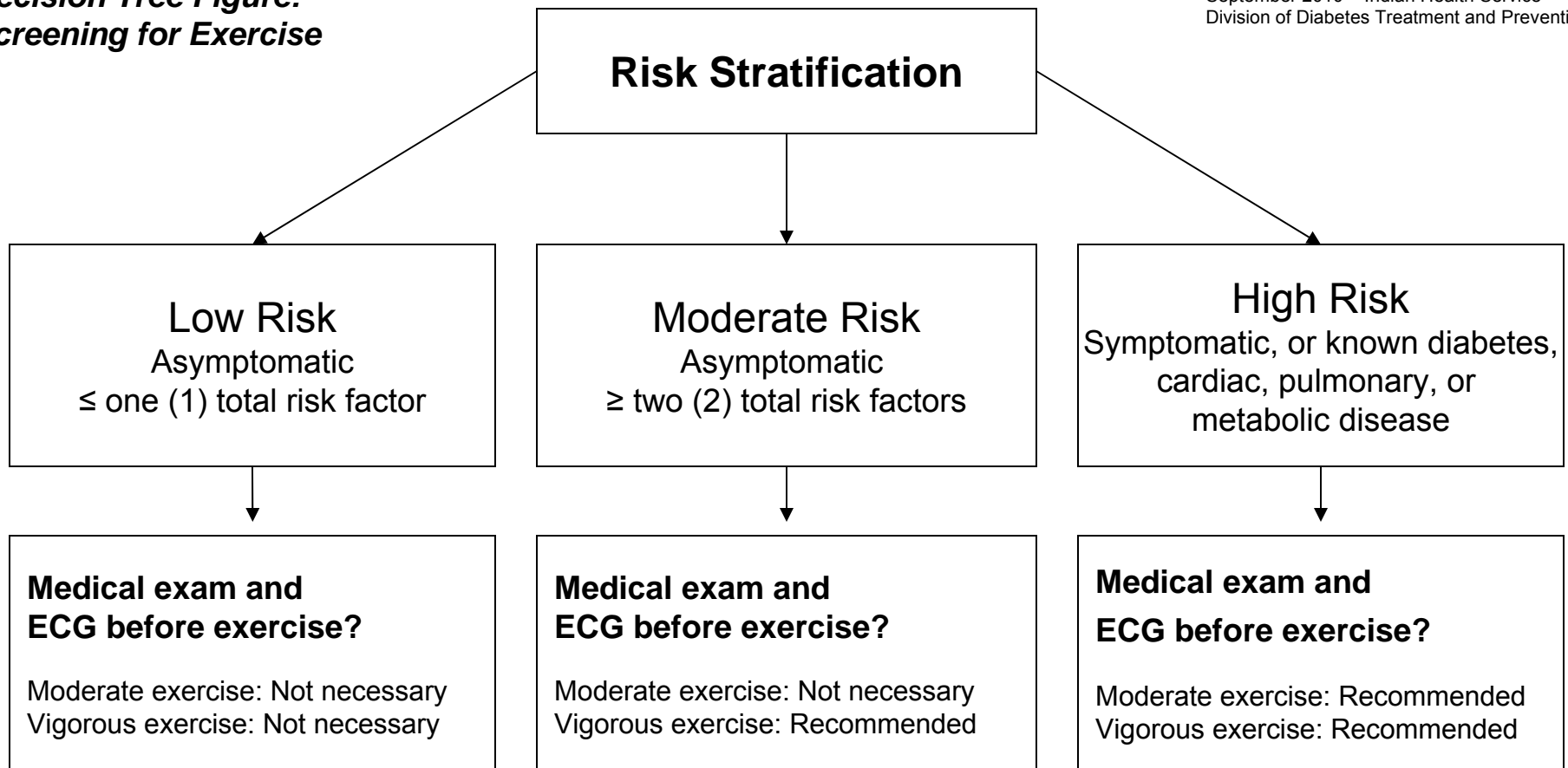


## Decision Tree Figure: Screening for Exercise



**Moderate Exercise:** Indicates 40-60% of aerobic capacity; three to six (3-6) metabolic equivalents (METs).

**Vigorous Exercise:** Indicates > 60% of aerobic capacity; > six (6) metabolic equivalents (METs).

**Not Necessary:** A medical examination, exercise test, and physician supervision of exercise testing would not be essential in the pre-participation screening; however, they should not be viewed as inappropriate.

**Recommended:** When physician supervision of exercise testing is “Recommended,” the physician should be in close proximity and readily available should there be an emergent need.