

Physical Activity Readiness Questionnaire (PAR-Q)

Student () Faculty () Staff () Alumnus () Retiree () Guest ()

Name of Participant: _____ WCU ID #: _____ Date: _____
print full name

Local Address: _____ Local Phone #: _____

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 amount 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. Common sense is your best guide in answering these few questions. Please read them carefully and check the correct answer opposite the question if it applies to you.

Table with 2 columns: Yes, No. 7 rows of questions with corresponding checkboxes.

If you responded "yes" to one or more questions, then please talk to your personal physician before you become more physically active or before you have a fitness appraisal. Talk to your personal physician about the questions to which you responded "yes".

If you responded "no" to all the questions, you can be reasonably sure that you can:

- > Start becoming much more physically active, begin slowly and build up gradually. This is the safest and easiest way to go.
> Take part in a fitness appraisal, this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively.

I have read, understood and completed this PAR-Q. Any questions I had were addressed to my full satisfaction.

Signature: _____ Date: _____

Witness: _____ Date: _____