

# HAN MOO KWAN TAE KWON DO CLUB

## Physical Activity Readiness Questionnaire (PAR-Q)



**Date:** \_\_\_\_\_

**Member Name:** \_\_\_\_\_

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 problems or hazards. 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 the questions carefully and check the answer as it applies to you.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. Has your doctor ever said you have a heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	2. Do you frequently feel pain in your heart or chest?
<input type="checkbox"/>	<input type="checkbox"/>	3. Do you feel sharp pain or discomfort in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	4. In the past month, have you had chest pain when you were not doing any physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	5. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure and/or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	6. In the past 6 months, have you experienced a rapid throbbing or fluttering in the heart while at rest?
<input type="checkbox"/>	<input type="checkbox"/>	7. Do you often feel faint or have any spells of dizziness.
<input type="checkbox"/>	<input type="checkbox"/>	8. Has your doctor ever said your blood pressure is too high?
<input type="checkbox"/>	<input type="checkbox"/>	9. Has your doctor ever told you that you have a bone or joint problem such as arthritis that could be aggravated by exercise or might be made worse with exercise?
<input type="checkbox"/>	<input type="checkbox"/>	10. In the past 6 months, have you experienced shortness of breath with mild activity (e.g., walking up stairs)?
<input type="checkbox"/>	<input type="checkbox"/>	11. Do you experience swelling in your ankles that is unrelated to a previous injury?
<input type="checkbox"/>	<input type="checkbox"/>	12. Do you have diabetes?
<input type="checkbox"/>	<input type="checkbox"/>	13. Do you have asthma, emphysema, or bronchitis?
<input type="checkbox"/>	<input type="checkbox"/>	14. Are you over 40 and have not been physically active in the past year?
<input type="checkbox"/>	<input type="checkbox"/>	15. Is there <u>any other reason</u> not mentioned here why you should not follow an activity program even if you wanted to?

### IF YOU ANSWERED

YES to one or more questions	NO to all questions
<ul style="list-style-type: none"> <li>• If you have not already recently done so, consult with your personal physician by telephone or in person before increasing your physical activity and/or taking a fitness appraisal. Tell your physician about the PAR-Q and which questions you answered yes to</li> <li>• You may be required by the HMK TKD Club to provide physician approval to start activity with the Club</li> <li>• 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 easily and progressing gradually</li> <li>○ Restricted or supervised activity to meet your specific needs, or at least on an initial basis, check in your community for special services or programs</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• If you answered PAR-Q accurately, you have reasonable assurance of your physical 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, and</li> <li>○ Take part in a fitness appraisal – this is an excellent way to determine your basic physical fitness so you can plan the best way for you to live actively</li> </ul> </li> </ul>

#### DELAY BECOMING MUCH MORE ACTIVE:

- If you are not feeling well because of a temporary illness such as a cold or a fever – wait until you feel better, or
- If you are or may be pregnant – talk to your primary physician before you start becoming more active

**PLEASE NOTE:** If your health changes so that you would answer YES to any of the above questions, notify the Club President and Chief Instructor and your health professional, and ask whether you should change your physical activity plan.

**Member Signature:** \_\_\_\_\_