



Campus Recreation

Physical Activity Readiness Questionnaire (PAR-Q)

- YES NO 1) Has your doctor ever said you have a heart condition and 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 ever lose consciousness or do you lose your balance because of dizziness?
- 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 example, water pills) for your blood pressure or heart condition?
- YES NO 7) Are you pregnant?
- YES NO 8) Do you know of any other reason you should not exercise or Increase your physical activity? If yes, please list below.

If you answered **Yes** to any of the above questions, please complete the Physician’s Statement and Clearance Form prior to being scheduled for a fitness assessment or personal training. If you honestly answered no to all questions you can be reasonably positive that you can safely increase your level of physical activity **gradually**.

If your health changes so you then answer yes to any of the above questions, seek guidance from a physician. I have read, understood, and completed this questionnaire. Any questions I had were answered to my full satisfaction.

Participants Name: \_\_\_\_\_ (Please print legibly)

Participants Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Confidentiality Notice**

This document contains confidential information intended only for the use of the Campus Recreation Center and the individual member.

**Privacy Statement**

You are entitled to be informed about the information UTSA collects about you. Under Sections 552.021 and 552.023 of the Texas Government code, you are entitled to receive and review the information. Under Section 559.004 of the Texas Government code, you are entitled to have UTSA correct information about you that is held by us and that is incorrect, in accordance with the procedures set forth in the University of Texas System Business Procedures Memorandum 32. The information that UTSA collects will be retained and maintained as required by Texas records retention laws (Section 441.180 et seq. of the Texas Government Code) and rules. Different types of information are kept for different periods of time.