

# BLOOMSBURY AIKIDO CLUB

---

## PHYSICAL ACTIVITY READINESS QUESTIONNAIRE

Regular, appropriate exercise is associated with many health benefits and an improved lifestyle. Moderate or vigorous exercise should not be a hazard for most people providing it is undertaken as part of a regular programme, progressing gradually. However, some people will need medical advice before starting a new form of activity

Please read the Physical Activity Readiness Questionnaire and answer the questions below. If you answer **YES** to one or more question **you are first advised to consult your doctor**. If you have answered NO to all the questions, it is reasonable for you to assume that you are in a suitable physical condition to start our classes.

### Postpone training if:

- you feel unwell.
- if you have a minor illness e.g a cold.
- if you have a fever - inflammation of the cardiac muscle may occur and this may result in long-term damage to the cardiac tissue.
- if you are injured (but do see a physiotherapist for a rehabilitation exercise programme)

### PARQ

		YES	NO
1.	Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?		
2.	Do you feel pain in your chest when you do physical activity?		
3.	In the past month, have you had chest pain when you were not doing physical activity?		
4.	Do you lose your balance because of dizziness or do you ever lose consciousness?		
5.	Do you have a bone or joint problem that could be made worse by a change in your physical activity?		
6.	Is a physician currently prescribing medications for your blood pressure or heart condition?		
7.	Are you pregnant or have been pregnant recently?		
8.	Are you unaccustomed to exercise and aged over 69?		
9.	Do you know of any other reason why you should not do physical activity?		

Sources of information: YMCA, ACSM.

#### Data Protection Act

This information is being collected for Health and Safety purposes. It will be retained for 6 years after which time it will be destroyed. This information will not be passed on to any other organisation.

I have read and understood the PARQ. I confirm to the best of my knowledge that I am in good health.

Sign:.....

Print Name:.....

Date:.....

---

Prepared for Bloomsbury Aikido Club by: **BLOOMSBURY Fitness Consultants Ltd**

[www.bloomsburyfitnessconsultants.com](http://www.bloomsburyfitnessconsultants.com)

---