



Leadership Challenge Course



Par-Q1 Medical/Physical Fitness Questionnaire

You should read the questions below and answer **YES** or **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 (for example, back, knee or hip) that could be made worse by a change in your physical activity?**
- 6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?**
- 7. Do you have uncontrolled diabetes, epilepsy, or seizures?**
- 8. Are you pregnant or post-partum (less than 6 weeks since giving birth)**
- 9. Have you ever had a kidney transplant? The safety harness will put pressure on your kidney.**
- 10. Do you know of any other reason why you should not do physical activity?**

IF YOU ANSWERED **YES** TO ANY QUESTION:

Talk with your doctor by phone or in person **BEFORE** you participate in the GT Leadership Challenge Course Program. Tell your doctor about the PAR-Q questions and to which questions you answered YES.

The GT Leadership Challenge Course Program will require moderate to strenuous physical exertion.

¹ The original PAR-Q was developed by the British Columbia Ministry of Health. It has been revised by an Expert Advisory Committee of the Canadian Society for Exercise Physiology chaired by Dr. N. Gledhill (2002).