



Alessandro Fiora
Personal Trainer

NEXT LEVEL TRAINING

Client Interview and PAR-Q

Full name of client:

Date of birth:

Height (Metres)

Weight (Kg)

Age

Do you have any barriers to Exercise participation?

Daily Diet - AM to PM, including drinks, water etc.

Exercise Dislikes

Exercise Preferences



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Please tell us something about your goals.

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Physical Activity Readiness Questionnaire (PAR-Q)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PARQ will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Please read the questions carefully and answer each one honestly: check YES or NO.



Physical Activity Readiness Questionnaire (PAR-Q)	YES	NO
Has your doctor ever said that you have a heart condition and that you should only perform physical activity recommended by a doctor?		
Do you feel pain in your chest when you perform physical activity?		
In the past month, have you had chest pain when you were not performing any physical activity?		
Do you lose your balance because of dizziness, or do you ever lose consciousness?		
Do you have a bone or joint problem that could be made worse by a change in your physical activity?		
Is your doctor currently prescribing any medication for your blood pressure or for a heart condition?		
Do you know of any other reason why you should not engage in physical activity?		

If you answered **YES** to one or more questions:

Talk with your doctor by phone or in person **BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal**. Tell your doctor about the PARQ and to which questions you answered YES. You may be able to do any activity you want as long as you start slowly and build-up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice. Find out which community programmes are safe and helpful for you.

If you answered **NO** to all questions:

If you answered NO honestly to all PARQ 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. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

General and Medical History

Occupational

What is your current occupation?

Does your occupation require extended periods of sitting?

Does your occupation require repetitive movements? (If YES, please explain.)



Client Interview and PAR-Q

Does your occupation require you to wear shoes with a heel (e.g., dress shoes)?		
Does your occupation cause you mental stress?		
Recreational		
Do you partake in any recreational physical activities (golf, skiing, etc.)? (If YES, please explain.)		
Do you have any additional hobbies (reading, video games, etc.)? (If YES, please explain.)		
Medical		
Have you ever had any injuries or chronic pain? (If YES, please explain.)		
Have you ever had any surgeries? (If YES, please explain.)		
Has a medical doctor ever diagnosed you with a chronic disease, such as heart disease, hypertension, high cholesterol or diabetes? (If YES, please explain.)		
Are you currently taking any medication? (If YES, please explain.)		

Additional Information

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 doctor before you start becoming more active.

PLEASE NOTE: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.



Client Interview and PAR-Q

NO CHANGES PERMITTED. YOU ARE ENCOURAGED TO PHOTOCOPY THE PARQ BUT ONLY IF YOU USE THE ENTIRE FORM.

NOTE: If the PARQ is being given to a person before he or she participates in a physical activity programme or a fitness appraisal, this section may be used for legal or administrative purposes.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

Client full name:

Client signature:

Date:

Signature of parent
or guardian
(for participants under the age of majority)

Witness

Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.



Health Commitment Statement (HCS)

The Health Commitment Statement sets the standards that health & fitness centres and users can reasonably expect from each other in regards to the health of the user.

Background

The HCS is the evolution of the PARQ, which has existed for the past 15 years. The HCS reflects government policy and legal trends, which aim to shift responsibility for personal health from the operator to the user. The Fitness Industry Association is taking the lead in allowing operators to be more accessible while facilitating a better working relationship between fitness and medical sectors in the community. This has also provided an opportunity to align the HCS to the skills and expertise of fitness professionals established through REPs.

The HCS has been developed by Fitness Industry operators, medicolegal professionals and health providers to support the evolving requirements of users and operators.

Purpose

- develop the current PARQ to simplify access to activity facilities for users
- assist the health, medical and fitness industries to work in harmony while supporting initiatives to encourage the nation to become more active
- bring health and fitness clubs in line with virtually all other sports and active leisure in relation to health matters
- demonstrate respect for members by placing responsibility where it belongs, with the individual member
- be consistent with current government policies in encouraging every individual to take responsibility for his or her own health
- offer the opportunity to clubs to maximise their membership
- be in keeping with current trends in legislation and case law
- be consistent with a more modern approach to individual responsibility in medicine and the law
- provide the opportunity for a uniform approach across the health and fitness industry, producing greater clarity and reducing costs
- offer a simple solution in plain English, which is accessible to fitness instructors, staff and members
- remove stress and anxiety from staff in relation to health of members

The HCS has been designed for users in a gym environment and with all operators in mind, allowing flexibility with its usage.

