CITY OF TULSA  
TULSA FIRE DEPARTMENT  
Physical Activity Readiness Questionnaire (PAR-Q)

<table>
<thead>
<tr>
<th>Question</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Has a doctor ever said you have a heart condition and recommended only medically supervised physical activity?</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>Do you have chest pain brought on by physical activity?</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>Have you developed chest pain within the last month?</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>Do you tend to lose consciousness, or fall, as a result of dizziness?</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>Do you have a bone or joint problem that could be aggravated by the proposed physical activity?</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>Has a doctor ever recommended medication for your blood pressure or a heart condition?</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>Are you aware, through your own experience or a doctor’s advice, of any other physical reason against your exercising without medical supervision?</td>
<td>YES</td>
<td>NO</td>
</tr>
</tbody>
</table>

If you answered YES to any of these 7 questions, vigorous exercise and exercise testing should be postponed until medical clearance is obtained.

Question number 7 of the PAR-Q is an open-ended question which covers medical and physical problems which make further medical screening necessary. Many individuals may question whether certain conditions are important enough or severe enough to warrant seeing their doctor. The next table provides additional information, including an indication of signs and symptoms suggestive of underlying diseases, risk factors for heart disease which suggest the need for medical screening, and a list of conditions which may increase the risk of complications during exercise.

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NAME (PRINT)  

NAME (SIGNATURE)

SOCIAL SECURITY NUMBER

PHYSICAL TEST DATE  

WRITTEN TEST DATE

TURN OVER
1. Major Signs or Symptoms Which Suggest Heart, Lung, or Metabolic Disease:

- Pain, discomfort or numbness in the chest, arm, jaw, neck or back
- Unaccustomed shortness of breath or shortness of breath with mild exertion
- Difficult or painful breathing
- Ankle swelling
- Palpitations or racing heart rate
- Leg pain
- Known heart murmur

2. Major Heart Disease Risk Factors:

- Systolic blood pressure ≥ 160 or diastolic blood pressure ≥ 90mmHg (measured on at least 2 separate occasions)
- Serum cholesterol ≥ 240 mg/dl
- Cigarette smoking
- Family history of heart disease or stroke in parents or siblings prior to age 55

3. Diabetics who:

- take insulin
- have had diabetes for more than 15 years
- who do not take insulin but are over 35 years of age

4. It is also recommended that men over the age of 40 and women over the age of 50 have a physical exam prior to beginning a vigorous exercise program. "Vigorous" means that the amount of exercise represents a challenge and will result in fatigue within 20 minutes. Healthy persons of any age can begin a low intensity exercise program without physician clearance, provided that the above conditions are adhered to.