**Title**

PAR-Q+

**Time**

Pre-session preparation for learners:  5 minutes

Session:  20 minutes

**Materials Checklist**

PAR-Q+

Pen/Pencil

**Objectives**

To determine whether it is necessary to seek advice from a doctor or a qualified professional before becoming more physically active

**Learners will be able to:**

Identify whether or not it is necessary to seek advice from a doctor or a qualified professional before becoming more physically active

**Exercises and Activities to Complete Before and During the Session**

Complete the PAR-Q+ Questionnaire

**Pre-session Preparation**

**Read (5 minutes)**

Review the Par-Q+ Questionnaire

**During the session**

**Present/Review (5 minutes)**

Explain to Participants: The health benefits of regular physical activity are clear; more people should engage in physical activity every day of the week. Participating in physical activity is very safe for MOST people.

**Discuss (15 minutes)**

Guide the participants in completing the PAR-Q+. Explain to the Participants that this questionnaire will tell them whether it is necessary for them to seek further advice from their doctor OR a qualified exercise professional before becoming more physically active.

Ask Participants to *read the first 7 questions carefully and answer each one honestly*: checking YES or NO.

Explain to the Participants: if they answered NO to all 7 questions, they are cleared for physical activity.

Encourage them to sign the PARTICIPANT DECELARATION.

Encourage Participants to DELAY becoming more active if: they have had a temporary illness, are pregnant (talk to their provider and complete the ePARmed-X+), or their health changes.

Explain to the Participants: if they answered YES to one or more of the 7 questions to complete FOLLOW UP questions on pages 2 and 3.

Guide Participants to page 4 for recommendation about their current medical conditions.

If they answered NO to all of the FOLLOW-UP questions on pages 2 and 3, they are ready to become more physically active.

Encourage them to sign the PARTICPIANT DECELARTAION.

Explain to Participants: If they answered YES to one or more of the FOLLOW UP questions, they should seek further information before becoming physically active.