AHA/ACSM Health/Fitness Facility Preparticipation Screening Questionnaire

Assess your health needs by marking all true statements.

**History**
You have had:
- ___ A heart attack
- ___ Heart surgery
- ___ Cardiac catheterization
- ___ Coronary angioplasty (PTCA)
- ___ Pacemaker/implantable cardiac defibrillator/rhythm disturbance
- ___ Heart valve disease
- ___ Heart failure
- ___ Heart transplantation
- ___ Congenital heart disease

If you marked any of the statements in this section, consult your physician or other appropriate healthcare provider before engaging in exercise. You may need to use a facility with a medically qualified staff.

**Other health issues**
- ___ You have diabetes
- ___ You have or asthma other lung disease.
- ___ You have burning or cramping in your lower legs when walking short distances.
- ___ You have musculoskeletal problems that limit your physical activity.
- ___ You have concerns about the safety of exercise.
- ___ You take prescription medication(s).
- ___ You are pregnant.

**Symptoms**
- ___ You experience chest discomfort with exertion.
- ___ You experience unreasonable breathlessness.
- ___ You experience dizziness, fainting, blackouts.
- ___ You take heart medications.

**Cardiovascular risk factors**
- ___ You are a man older than 45 years.
- ___ You are a woman older than 55 years, you have had a hysterectomy, or you are postmenopausal.
- ___ You smoke, or quit within the previous 6 mo.
- ___ Your BP is greater than 140/90.
- ___ You don't know your BP.
- ___ You take BP medication.
- ___ Your blood cholesterol level is >200 mg/dL.
- ___ You don't know your cholesterol level.
- ___ You have a close blood relative who had a heart attack before age 55 (father or brother) or age 65 (mother or sister).
- ___ You are physically inactive (i.e., you get less than 30 min. of physical activity on at least 3 days per week).
- ___ You are more than 20 pounds overweight.

If you marked two or more of the statements in this section, you should consult your physician or other appropriate healthcare provider before engaging in exercise. You might benefit by using a facility with a professionally qualified exercise staff to guide your exercise program.

___ None of the above is true.

You should be able to exercise safely without consulting your physician or other healthcare provider in a self-guided program or almost any facility that meets your exercise program needs.


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