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## AHA/ACSM Health/Fitness Facility Preparticipation Screening Questionnaire

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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

### Symptoms

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

*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.

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### 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 quite 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.*

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- 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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Balady et al. (1998). AHA/ACSM Joint Statement: Recommendations for Cardiovascular Screening, Staffing, and Emergency Policies at Health/Fitness Facilities. *Medicine & Science in Sports & Exercise*, 30(6). (Also in: *ACSM's Guidelines for Exercise Testing and Prescription*, 7<sup>th</sup> Edition, 2005. Lippincott Williams and Wilkins <http://www.lww.com> )