



Transcript

Exercise Program Screening

Adequate screening and evaluation are very important to identify and counsel persons with underlying cardiovascular disease before they begin an exercise program. Healthcare providers have two choices of screening instruments that are currently recommended by the American College of Sports Medicine and the American Heart Association. You have two choices here for which you have the links for of screening instruments. The first and preferred instrument is the AHA/ACSM Health and Fitness Facility Preparticipation Screening Questionnaire. The second and simpler form is the PAR-Q Questionnaire that stands for the Physical Activity Readiness Questionnaire. That's a simpler form for which if you answer yes to any of the questions you should go on for further more thorough medical evaluation. The ultimate goal of either of these two screening instruments is to make the decision for which to go further with the stress EKG prior to participation in an exercise program.