

PhysicalActivityReadinessQuestionnaire(PARQ)

Thursday, 9 October 2025 5:51 pm



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NZ Register Of Exercise Professionals Physical Activity Readiness Questionnaire (PAR-Q)

This form is used to identify if it is safe for you to commence unsupervised exercise.

Please read the questions carefully and answer each one to the best of your knowledge

	YES	NO
Has your doctor ever said that you have a heart condition or have you ever suffered a stroke?		✓
Do you feel unexplained pain in your chest at rest or when you do physical activity?		✓
Do you ever lose your balance because of dizziness during physical activity?		✓
Have you had an asthma attack requiring medical attention at any time over the last 12 months?		✓
If you have diabetes, have you had trouble controlling your blood glucose at any time over the last 6 months?		✓
Do you have a bone or joint problem that could be made worse by participating in exercise?		✓
Do you have any other medical condition that may make it dangerous for you to participate in exercise?		✓
<p>! If you answer YES to any of the questions we* do not approve that you start exercising until you have first consulted your GP for clearance and advice.</p> <p>✓ If you answer NO to all of the questions we* consider that it is safe for you to commence some exercise, but it is highly preferable that you consult with a Registered Exercise Professional for personal advice first.</p>	!	✓

I acknowledge that the answers I have provided above regarding my health and personal information are, to the best of my knowledge correct.

I understand that participating in physical activity and exercise can carry a risk, and I accept all responsibility for that risk.

I acknowledge that I will not be receiving any personalised exercise advice or support for this exercise session or visit.

Research Project Name: Effects of VR-exergaming on strength training motivation

Date: 09/10/25

Name of Facility: School of Computer Science

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